



## Trail mix

For people on the go!!

### Ingredients

How many servings?

1 cup Almonds

1 cup Walnuts

1 cup Pistachios

1 cup Cashews

1/2 cup Sesame seeds or Watermelon seeds

1 1/2 tbsp Ghee

4 tbsp Honey

Salt

Black pepper

### Steps

How long to cook?

1 In a wok, heat ghee & add all dry fruits. Roast

2 After about 10-15 mins, add salt & pepper to taste & saute well. Turn off gas stove.

3 Add honey & mix well. Let it cook & pack in small disposable bowls or boxes & use as on-the-go trail mix/energy booster/hunger quick-fix.