

Trail Mix for Labour and Postpartum Goodness

- 3 cups of nuts (I like a mix of almonds and walnuts but pecans, macadamias, and peanuts work well too)
 - 6 tbsp (or ¼ cup plus 2 tbsp) of maple syrup
 - 1 cup dried fruit
 - 1 cup dark chocolate chunks or ½ cup milk chocolate chunks
 - 1 tbsp butter or coconut oil
1. Warm a pan over medium heat.
 2. Add ½ of your butter/coconut oil to melt.
 3. Pour in nuts until there is a single thin layer (do not crowd the pan). Melt second half of butter in the pan between batches. **remember that fattier nuts (pecans, walnuts, macadamias) will toast more quickly so keep your eyes on them.*
 4. Move the nuts around in the pan until toasted (4 to 6 minutes).
 5. Remove the nuts to a plate or container.
 6. Increase heat to medium – high. Add maple syrup to the pan.
 7. Once the syrup is bubbling, add the nuts back in and toss to coat. Add a pinch of sea salt or fleur de sel .
 8. Pour out onto parchment paper or non-stick tray.
 9. When the mixture has completely cooled, add in fruit and chocolate. Toss to combine.

