

Halloween Trail Mix



Embark on a flavorful adventure with our Halloween Hiker's Mix recipe. A spooky assortment of nuts, dried fruits, and delicious ingredients, perfect for satisfying your cravings on your terrifying escapades! Treats or thrills, it's up to you to decide!

Preparation 5 min

Cooking 0 min

Waiting 10 min

Servings 6

Nutrition Facts (per serving)

Calories 255

Fat 13

Carbohydrates 29

Fibre 3

Protein 7

Sodium 345

Ingredients

- 100 g (2 ½ cups) pretzels
- 45 g (? cup) peanuts
- 45 g (? cup) almonds
- 45 g (? cup) cashews

- 50 g (½ cup) chocolate Halloween candy
- 20 g (¼ cup) sweetened Halloween candy

Optional chocolate coulis

- 45 g (3 tbsp) semi-sweet chocolate chip (optional)
- 45 g (3 tbsp) white chocolate chip (optional)
- 10 ml (2 tsp) vegetable oil

Preparation

1. Spread pretzels, side by side, on a baking sheet or parchment paper.
2. Top with remaining ingredients.
3. Chill pan in the freezer for 10 minutes.
4. Spread semi-sweet and white chocolate over the mixture. Enjoy!

Notes

It is important to keep in the refrigerator so that the chocolate does not melt. Can be kept for 7 days in the refrigerator.



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