



Ready to go snack

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Jam-packed with energy, this snack is super easy to make and perfect for school lunches or a snack on the go.

Ingredients:

- 1 cup mixed, dried nuts
- 2 cup mixed, dried fruit
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup chocolate buttons, roughly chopped
- ¼ cup shredded coconut

Directions:

Mix all of the ingredients in a large resealable bag or airtight container.

This can be portioned out into smaller containers or bags for midday snacks or served in a bowl for guests.

Cook's tip:

Keep your portions to a minimum. Dried fruit can be deceiving. Remember that fresh fruit shrinks a lot as it dries so a small handful of dried fruit contains the same energy as the full sized fresh fruit. Nuts and seeds also contain a lot of energy.