

Cheryl's Cherry Trail Mix

2 cups raw pumpkin seeds

1-cup raw slivered almonds

1-cup raw sunflower seeds

1 cup dried cherries (may use cranberries or raisins in a pinch)

4 tablespoons maple syrup

Directions:

1. Preheat oven to 300 degrees
2. Mix seeds, nuts and maple syrup together, hold cherries aside
3. Line 2 cookie sheets with parchment paper
4. Spread nut/seed mixture thinly on cookie sheets and sprinkle with a bit of salt
5. Bake for 20 minutes, watching closely
6. Let nut/seed mixture cool well
7. Peel the mixture off the parchment paper (will look like granola/brittle texture)
8. Now add dried cherries, store in glass jar or Ziploc bag and enjoy....