

DO HOLIDAYS WELL!

RECIPES TO BRING YOUR FAMILY CLOSER

Mixed Nuts

Mixed Nuts are sometimes declared the best snack because cashews, walnuts, and almonds are loaded with antioxidants and fatty acids. Create your favorite party/trail mix with these as your basic ingredients if there are no allergies or dislikes.

- Cashews (whole or pieces)
- Pecans (whole or pieces)
- Almonds (whole or slivered)
- Sunflower Seeds (without shells)
- Dry Roasted Peanuts
- Raisins
- Coconut Flakes
- Dark mini Chocolate Chips

Store mixes in an airtight glass or metal container in a cool, dry spot so the nuts don't go rancid, and the chocolate doesn't melt.

