

Blueberry Trail Mix

Servings: **20**

Prep Time: **5 MIN**

Cook Time: **30 MIN**



INGREDIENTS

- **1 cup** old-fashioned rolled oats
- **1/4 cup** sunflower seeds
- **1/4 cup** coconut flakes
- **1/4 cup** pistachios
- **2 tbsp** sunflower oil
- **1/4 cup** honey
- **1 tsp** vanilla extract
- Pinch of salt
- **2 cups** store-bought kale chips
- **1 cup** dried blueberries

INSTRUCTIONS

- 1** Preheat oven to 325°F. Toss together oats, sunflower seeds, coconut flakes, pistachios, oil, honey, vanilla and salt. Arrange in even layer on parchment paper-lined baking sheet.
- 2** Bake, stirring every 10 minutes, for about 30 minutes or until golden and crisp. Cool completely for about 15 minutes.
- 3** Toss together oats mixture, kale chips and dried blueberries. Store in airtight container for up to 1 week.

Variations: Substitute almonds, pecans or walnuts for pistachios if desired.



Grab a
boost of
blue