

# TRAIL MIX

## WHAT DO I NEED?

(serves 3 - 4)

130g cup Wholegrain cereal or Oats

75g Dried fruit of your choice

75g Roasted Chickpeas or Roasted

Beans – Cannellini, Haricot

75g Seeds – Pumpkin, Sunflower, Chia

Fresh fruit of your choice / Natural  
yoghurt, to serve



## HOW DO I MAKE IT?

1. Measure out ingredients
2. Combine in a large bowl



## TOP TIP/DID YOU KNOW:

Roasted Chickpeas are an amazing source of sustainable, plant based protein.

Try this Trail Mix it will provide you with everything you need for a healthy balanced snack

BEYOND *the*  
Chartwells  
KITCHEN



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So much more than fantastic food