

## Granola Trail Mix

Serves 11 | Serving size ½ cup

### Ingredients

- 2 cups of old-fashioned oats
- ½ cup of whole pecans
- ½ cup of whole walnuts
- ½ cup pumpkin seeds
- 1 cup dried cranberries
- ½ cup semi-sweet chocolate chips or cacao nibs
- ¼ cup coconut oil
- ½ cup maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon



Provides 330calories, 7 grams protein per serving

### Instructions

1. Preheat oven to 300 °F. Line 13x18” baking sheet pan with parchment paper.
2. Combine oats, pecans, walnuts, pumpkin seeds, and cinnamon together in a large bowl.
3. Pour coconut oil and maple syrup in a microwave-safe dish and heat in microwave until melted. Once melted, add in vanilla extract and pour over dry ingredients.
4. Toss all ingredients together, ensuring all oats are moistened. Spread evenly onto baking sheet pan and bake for 45 minutes, stirring every 15 minutes.
5. Allow trail mix to cool. Add chocolate chips/cacao nibs and cranberries and enjoy!

### Nutrition Tips:

- Whole grains, nuts and seeds are packed with nutrients such as fiber, protein, healthy fats, and vitamins that are important for recovery during treatment.
- Nuts and seeds are high in magnesium, an electrolyte important for heart, nerve, and muscle function that is often depleted during chemotherapy.
- If you are losing weight, try adding trail mix as a topping in yogurt to enhance the nutrient content and boost calories at snack times.
- Trail mix is a great snack option to take on-the-go, and can be stored in an air-tight container and enjoyed for weeks!

*Recipe provided by Elizabeth Daly, MGH Dietetic Intern 2016*