

SIDE DISH

Karli's Ultimate Trail Mix

12 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
5 min	5 min	3	\$2.60	629 kcal



Karli's Ultimate Trail Mix might be just the side dish you are searching for. One serving contains 629 calories, 14g of protein, and 38g of fat. This recipe serves 3 and costs \$2.6 per serving. 10 people were impressed by this recipe.

Ingredients

- ☐ ¼ cup almonds
- ☐ ½ cup dried cranberries
- ☐ ¼ cup pecan halves
- ☐ ¼ cup raw pumpkin seeds
- ☐ ¼ cup walnut halves
- ☐ ¼ cup cashews
- ☐ ½ cup golden raisins
- ☐ ½ cup dark raisins
- ☐ ½ cup sesame snack sticks

EQUIPMENT Bowl

Method

- 1 Combine the walnuts, pecans, cashews, almonds, pumpkin seeds, sesame sticks, golden raisins, dark raisins, and cranberries in a bowl. Store at room temperature in an airtight container.

Nutrition per serving

629	14 g	38 g	70 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.7 g · 29% of daily needs
Fibre			10.2 g · 41% of daily needs
Sugar			30.9 g · 34% of daily needs
Sodium			15.4 mg · 1% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			2.5 mg · 3% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/karlis-ultimate-trail-mix-142236