

travel trail mix

Serves 2

Combine ingredients in a small sandwich bag to take on the go.



chris: *I created this snack out of desperation. I found myself stuck in the airport with very few healthy food options. If you find yourself sitting next to me on an airplane, I might share my stash with you. 😊*

1 tablespoon cacao nibs
2 Turkish figs
½ cup rolled oats
¼ cup raw macadamia nuts
or nuts of choice
2 tablespoons raisins
2 tablespoons shredded
coconut

coconut oil kettle corn

Serves 2

Heat coconut oil in saucepan. Drop 2 popcorn kernels in oil and wait until kernels pop. Once popped, add in the rest of the kernels and cover with a tight fitting lid.

Pop for 2-3 minutes or until the popping noise stops.

While popcorn is hot, stir in 1 tablespoon of agave nectar, a sprinkle of cinnamon, and sea salt to taste.

1 tablespoon virgin coconut
oil
¼ cup corn kernels
1 tablespoon agave nectar
Cinnamon for sprinkling
Sea salt to taste

tip▶ Leave out the agave and cinnamon for a traditional popcorn taste.



A healthy alternative to theatre-style popcorn.