

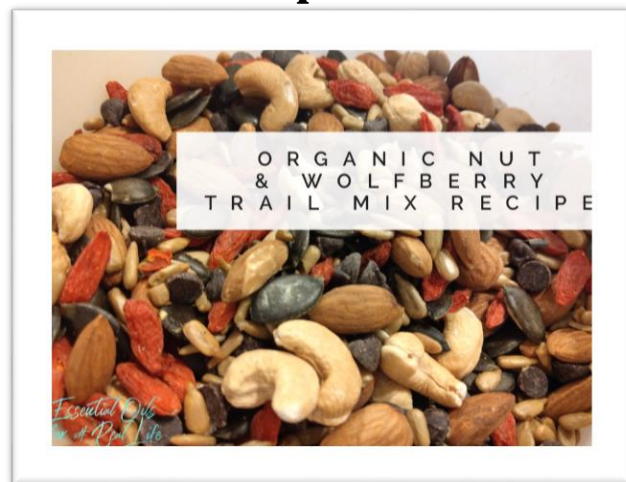
## Organic Nut & Wolfberry Trail Mix Recipe

Are you looking for an **easy grab and go snack** for your busy life? Check out this recipe that is so simple to prepare and can easily be customized to meet the preferences of all the snackers in your home. Mix together your favorite nuts and seeds (almonds, cashews, pumpkin seeds, etc.) and add in **Organic Dried Wolfberries** from Young Living Essential Oils. Known more commonly in the western hemisphere as Goji or Goji Berry, Wolfberry is native to Asia.

*"With polyphenols and polysaccharides, this exotic berry is touted around the world for its taste and nutrients. Documented use of wolfberries dates back to the Ming Dynasty, where they were part of ancient Chinese culture."*<sup>1</sup>

Try this **recipe** combination:

- 1 cup Organic Dried Wolfberries
- 1 cup Organic Almonds (raw or toasted, unsalted)
- 1 cup Organic Cashews (raw or toasted, unsalted)
- 1/2 cup Organic Pumpkin Seeds
- 1 cup Organic miniature Dark Chocolate Chips (*optional*)
- 3/4 cup Organic Sunflower Seeds (*optional*)
- 1/2 cup Organic Dried Bananas Chips (*optional*)



Store about 1/2 cup worth in individual air-tight snack bags for easy grab and go. Using the above recipe makes between eight and ten portions.

Order your **Organic Dried Wolfberries** from Young Living Essential Oils here: [http://bit.ly/YL\\_OrderNow](http://bit.ly/YL_OrderNow)

<sup>1</sup> [https://www.youngliving.com/en\\_US/products/organic-dried-wolfberries?al=wolf](https://www.youngliving.com/en_US/products/organic-dried-wolfberries?al=wolf)