

# Ashley's Meal Prep Monday!

## Trail Mix Bites

### INGREDIENTS

1/2 cup almond butter  
1/2 cup melted coconut  
oil

1/4 cup honey

1 TSP vanilla

1 1/2 cup nuts, seeds,  
coconut flakes, and dried  
fruit.

\*I used a combo of  
almonds, raisins,  
pumpkin seeds and  
coconut flakes\*

In a small bowl, combine with a whisk the almond butter, melted coconut oil, honey and vanilla. In a separate bowl, combine desired nuts, seeds, and dried fruit - measure out 1 1/2 cup of this.

Spray a muffin tin with cooking oil or use a silicone muffin tin - they pop out super easy. Divide the nut/seed combo evenly among the muffin cups. Evenly pour the liquid almond butter mix over the nuts/seeds that are in each cup. The liquid will come to a stop just about the top of the nuts/seeds.

Freeze, laying flat, in the freezer until solid - usually about half an hour. Once frozen, pop out of muffin tin and store in a sealed container. Make sure you keep them stored in the freezer or in the fridge.

Recipe: [wholefoodfor7.com](http://wholefoodfor7.com)

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