



BAE TRAIL MIX

Serves enough for you and BAE

Makes about 9 cups

Ingredients:

4 cups Chex cereal (you can use rice or wheat Chex, or even mix the two)

1 cup chopped raw pecans

1 cup salted roasted peanuts

1 cup raw pepitas (pumpkin seeds)

1 cup mini pretzels

1 teaspoon kosher salt

1 teaspoon ground cardamom

2 teaspoons ground cinnamon

1/3 cup melanin sugar (aka brown sugar)

1/3 cup honey

1/3 cup canola oil

1/2 cup chocolate chips (dark chocolate for the culture) (optional)

Instructions:

STEP 1: Preheat the oven to 350 degrees and line a sheet tray with parchment paper. In a large bowl, combine the cereal, pecans, peanuts, pepitas, mini pretzels, salt, cardamom, and cinnamon. Mix well.

STEP 2: Mix the brown sugar, honey, and canola oil in a medium saucepan. Bring it to a simmer over medium heat. Remove from the heat once it starts to bubble.

STEP 3: Carefully pour the hot mixture on top of the cereal mixture, and stir to combine. Work quickly like you're in a Peloton class. Once the cereal mixture is fully coated, pour it onto the parchment-lined sheet tray and spread evenly.

STEP 4: Bake until golden brown, about 20 minutes. Be sure to mix every 5 minutes as it cooks: this helps everything toast evenly.

STEP 5: Remove the tray from the oven, stir once more, and let sit until cool. Do not taste until the trail mix has fully cooled, or you run the risk of severely burning yourself and I don't want that for your life. Plus I don't know how your health insurance is set up.

STEP 6: Once your trail mix has cooled, mix in the chocolate chips, and store in airtight containers. Will last up to 10 days.

STEP 7: Put it in a cute box for BAE.