

Organic Choco Nut Trail Mix

Country of Origin: Canada from domestic and imported ingredients

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/4 cup (30 g) / par 1/4 tasse (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 13 g	20 %
Saturated / saturés 2 g + Trans / trans 0 g	11 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 9 g	3 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

Allergen Information:

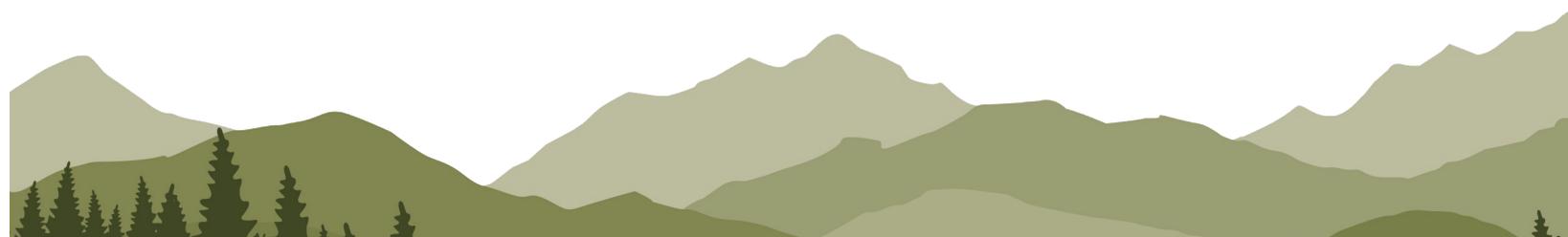
This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Factoid:

Other common names for trail mix are 'gorp' and 'scroggin.' Generally, they refer to a blend of nuts, dried fruits, grains, and seeds. Why trail mix is so popular for people on the go is that it is high in calories (not empty calories, however) for a quick source of energy while supplying vitamins, minerals, and protein.

Ingredients:

Organic dark chocolate chips (organic unsweetened chocolate, organic evaporated cane syrup, organic cocoa powder, organic cocoa butter, organic vanilla), organic cashew, organic almond roasted, organic dried cranberries (organic cranberries, organic sugar, organic sunflower oil), organic pumpkin seeds, organic goji berries.



Recipe:

**left coast
ORGANICS**

Mixed Nuts and Cheese Bread

Ingredients:

1 1/2 C of water

1 Tbl butter, softened

1/2 C trail mix - choco nut, chopped

1/2 C of cheddar cheese, chopped

2 1/2 C flour

3/4 C rye flour

2 Tbl sugar

2 Tbl milk powder

Pinch of salt

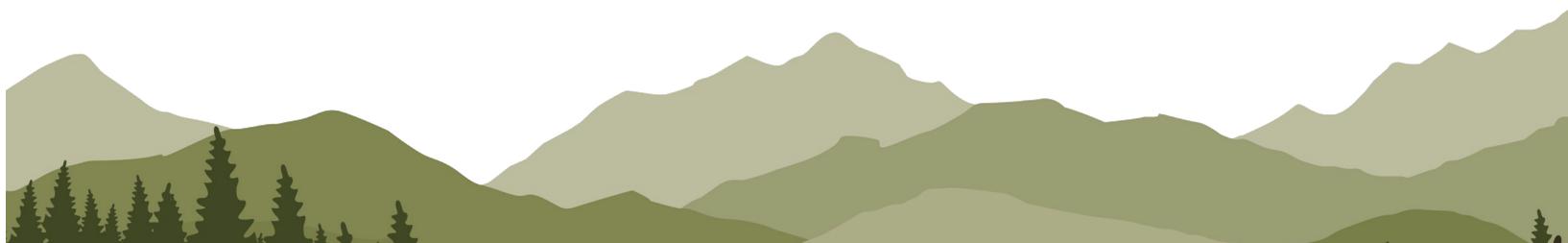
1/2 tsp caraway seed

2 Tbl yeast

1 Tbl of water mixed with 1 Tbl of sugar

Instructions:

1. In a huge bowl combine all ingredients except sugar and water mixture and knead.
2. Let it rise until it double in size, punch down, knead for another 5 minutes, let it rise again.
3. When it's double in size again, punch down, shape it into a round bread, brush with sugar and water mixture.
4. Let it rise again bake in 375F, for 40 minutes.
5. Carefully remove bread pan from oven. Cool bread on wire rack.



Farmer:

Left Coast Naturals

Left Coast Naturals is an organic food manufacturer and distributor based in Burnaby, BC, distributing nearly 30 brands, 200 bulk foods, and two brands of their own - Hippie Snacks and Left Coast Organics. Left Coast Naturals believes food grown and made right can make a difference, taking care to source ingredients from farmers and partners who support organic agriculture, a healthy planet, and healthy communities. They are the first distributor in North America with an official Non-GMO Policy for all of their products. As a certified B Corporation, Left Coast Naturals strives to use business as a force for good in society.

