



JOYA® APPLE TRAIL MIX

Makes about 4 x 250ml



Created by :

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INGREDIENTS:

- 2-3 medium JOYA® Apples, cored, thinly sliced and quartered
- 125 ml (½ cup) raw almonds
- 125 ml (½ cup) pumpkin seeds
- 125 ml (½ cup) sunflower seeds
- 125 ml (½ cup) coconut shavings
- 1,25 ml (¼ tsp) ground mixed spice

METHOD:

1. Preheat oven to 120 °C. Place apple slices on a cooling rack, over a baking tray. Place apples in the oven with the door wedged slightly ajar with a wooden spoon (like you would for drying out rusks).
2. Dry for 30-40 minutes or until dried out and slightly crisp. The timing will depend on the thickness of the apple slices. Allow to cool.
3. Heat a large frying pan over a medium heat and toast almonds until golden brown. Remove from the pan and coarsely chop. Place in a large mixing bowl.
4. In the same pan, toast the pumpkin seeds, sunflower seeds and coconut in separate batches. Add to the almonds in the mixing bowl.
5. While still warm, add the ground mixed spice to the nuts and seeds and stir through. Allow to cool.
6. Mix with the dried apple and pack as a delicious snack on the go.

**FIRM
SWEET
CRUNCHY
APPLE**

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