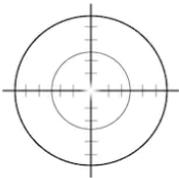


HEALTHY HUNTER

SNACK RECIPES

MAPLE PUMPKIN FALL HARVEST TRAIL MIX



Cook Time: 5 minutes
Total Time: 5 minutes
Servings: 10 -12 servings

Ingredients:

- 1/4 cup pure maple syrup
- 1 1/2 tsp pumpkin pie spice
- 1/8 tsp sea salt
- 2/3 cup pecan halves
- 1/3 cup roasted pumpkin seeds
- 1/3 cup sunflower seeds
- 1/3 cup sliced almonds
- 1/3 cup dried cherries
- 1/3 cup dried apricots
- 1/4 cup golden raisins
- 1/3 cup cinnamon chips

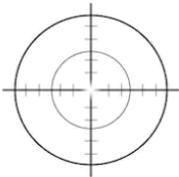
Instructions: Line a baking sheet with parchment paper. Set aside. Add maple syrup to a large sauce pan and heat over medium-high heat until just beginning to boil. Stir in pumpkin pie spice, salt, and nuts and cook, stirring frequently, until the nuts have caramelized and the syrup has reduced. About 3-5 minutes. Spread mixture in an even layer on the prepared baking sheet and let cool completely. The candied nuts will harden as they cool. Once hardened, add the cherries, apricots, raisins and cinnamon chips to the pan, and stir until ingredients are evenly distributed, breaking the candied nuts into clusters as needed. Store in an air-tight container. Enjoy!



HEALTHY HUNTER

SNACK RECIPES

OATMEAL ENERGY BITES



Prep Time: 10 minutes
Total Time: 40 minutes
Servings: 18 servings

Ingredients:

- 1 1/4 cups quick oats or a blend of half quick/half old fashioned
- 2 Tbs. chia seeds, flaxseeds, or additional rolled oats
- 1/2 cup nut butter of choice (peanut butter)
- 1/3 cup sticky liquid sweetener of choice (honey or maple syrup)
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- 1/2 cup mix-ins see below for flavor options

MIX-IN OPTIONS

- Classic Chocolate Chip: Any nut butter honey, 1/2 cup chocolate chips
- Trail Mix: 3 tbs. chocolate chips, 3 tbs. chopped peanuts, 2 tbs. raisins
- White Chocolate Chip Cranberry: 1/4 cup dried cranberries, 1/4 cup white chocolate chips
- Almond Joy: Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes, almond butter, 1/4 cup chocolate chips, 1/4 cup chopped almonds
- Double Chocolate: 1/2 cup mini chocolate chips, 2 tbs. cocoa powder
- Oatmeal Raisin Cookie: 1/2 cup raisins, 1/4 teaspoon cinnamon

INSTRUCTIONS: Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the bites easier to roll). Remove the bowl from the refrigerator and portion the dough into balls of desired size.

