

Dirty Keto Low Carb Trail Mix

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Ingredients:

- 1 bag=1 cup Whisps (or Moon cheese)
- ½ cup pecan halves
- ¼ cup sliced almonds (whole is also fine, I just like the smaller pieces)
- 2 sticks Old Wisconsin beef sausage snack sticks, cut into small pieces (or whatever meat sticks or jerky you like)
- ½ Power Bar Clean Whey Protein Bar chocolate chip cookie dough, cut into small pieces (or whatever protein bar you use)
- ¼ cup salted sunflower seeds
- ¼ cup unsweetened shredded coconut flakes

Directions:

Mix all together. Note; the Whisps will not stay crunchy for more than a day or so. Keep them separate until ready to eat if desired.

Store in an airtight container.

Omit anything you don't like.

Lily's chocolate chips can be used instead of or with the protein bar for the sweet flavor.

Add pumpkin seeds, pork rinds or other nuts if desired.

Yield; 2 ½ cups or 5 half cup servings

Macros for ½ cup of this recipe just as written; the first ingredient listed, not what is in (): (295 Calories) (25.6 g Fat) (8.5 g Total Carbs) (5.4 g Fiber) (.8 Sugar Alcohols) (2.3 g Net Carbs) (1.4 g Sugars) (11.3 g Protein)