



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

TRAIL MIX PRETZEL STICKS

1 box of pretzel sticks

Equal parts:

Peanuts

Sunflower seeds

Pumpkin seeds

Dried cranberries

Raisins

4 to 6 ounces chocolate chips

1. Melt chocolate on stovetop using a double boiler.
2. Combine peanuts, sunflower seeds, pumpkin seeds, cranberries, and raisins and place in a shallow dish.
3. Once chocolate is melted, dip pretzel sticks in chocolate to fully cover. Let set for a minute.
4. Roll chocolate covered pretzels in trail mix mixture to fully cover.
5. Let trail mix sticks set for at least 20 minutes before serving.
6. Allow to fully settle before placing in storage container.

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