



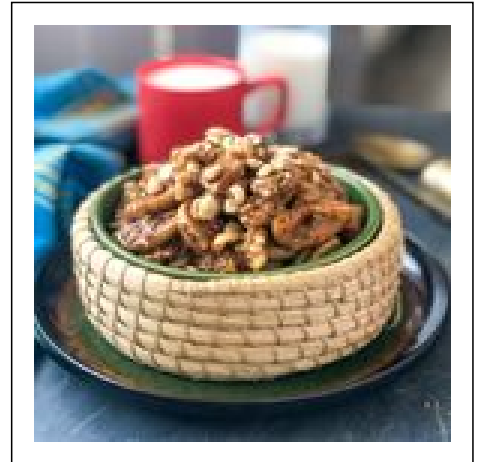
Recipe Name: Walnut and Flax Seed Trail Mix Recipe
With Figs and Honey

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Walnuts	4
• 1 cup Dried Figs	
• 1/3 cup Flax seeds	
• 1/3 cup Honey	
• 1/2 cup Roasted Peanuts (Moongphali)	
• 1 teaspoon Cinnamon Powder (Dalchini)	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
170	4	24	8	4	12