

SNACK

Serves: 1

Glycemic Load: 3



Tarryn's Super Mix

Ingredients:

Dry Ingredients

1 Tbsp [pumpkin seeds](#)

1 Tbsp [sunflower seeds](#)

1 Tbsp [cashew nut pieces](#)

1 Tbsp [coconut chips](#)

½ tsp [cinnamon](#)

1 piece of 72% dark chocolate

Wet Ingredients

2 Tbsp Greek Yoghurt

Method:

Chop the chocolate into small pieces, combine with remaining dry ingredients and mix well.

Stir in the Greek yoghurt and enjoy.