

Inca Trail Mix

Ingredients	Weight	Volume
Quinoa	180g	1 ¾ Cup
Amaranth	180g	1 ¾ Cup
Squash seeds	180g	1 ¼ Cup
Sunflower oil	20g	2 Tbsp
Dried blueberries	360g	2 Cup
Agave nectar	125g	1/3 C + 2 Tbsp
YIELD:	1,045g	Approximately 10 servings

Directions

In a fine mesh strainer, rinse the quinoa under cool running water and let drain. Evenly spread the quinoa out on a baking sheet and dry for ten minutes in a 350F oven. Stir the grains after five minutes. Stir again after ten minutes with the option of continuing to cook for an additional five minutes to achieve a more toasted flavor.

Heat a 4” deep pan over high heat. Add a few tablespoons (depending on how wide the pan is) of amaranth at a time to the hot pan to pop the grain. It will jump like popcorn so 4” sides or taller is helpful to contain the grain. Continue popping the amaranth in batches and reserve in a large mixing bowl.

Toss the fresh squash seeds in sunflower oil, spread out on a baking sheet and roast in a 350F oven until amber in color, about 10 minutes.

Add the quinoa, roasted squash seeds, dried blueberries and agave nectar to the popped amaranth and stir to combine.

Evenly spread the grain mixture onto two baking sheets and bake in a 350F oven for 6 minutes. Stir the mixture and continue to bake for an additional 6 minutes. Cool thoroughly and store in an air tight container at room temperature. This mixture will stay fresh for about a week and up to a month in the freezer.

NOTE: Different dried fruits can be used as well as different seeds such as roasted sunflower seeds. Personal preference prevails!