

Trail Mix

Ingredients	Gram
Decorticated lentil	60
Split yellow peas	60
Split green peas	60
Roasted Sunflower seeds	60
Sweetened dried cranberries	60
Semisweet chocolate chips	74
Olive oil	5
Sea salt	4

Peas baking

To roast pea: Soak 1 hour. Cook for 30 mins and bake for 15 mins at 360F.

To roast lentil: Soak for 1 hour. Drain water. Roast at 360F for 18 mins.

Procedures

Roast pea and lentil.

Combine roasted lentil, peas, sunflower seeds, mixed berry, and semisweet chocolate chips.

Sprinkle olive oil and sea salt. Mix well and serve.

Nutrition Facts

Serving Size (38g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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Association

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