

Yuck Yum Trail Mix ~ Hangry Purse Mix (S or XO)

(S - This mix of superfoods has a similar taste appeal to my Yuck Yum. It has the sourness from the Goji and the bitterness from the dark chocolate with just a hint of sweetness. Try to keep the chocolate very dark... I use 100% chocolate sometimes, but I'm weird, I know. But do stick to 85% and above for this. The bitters in extra dark chocolate are from polyphenols that satiate and help release incretin hormones like GLP-1. Just like espresso coffee, they can be an acquired taste for the adventurous palate. Pearl with her Wizzy Ways, wanted me to caution those of you with a challenging case of CLBM decline (a state where you don't burn food well) to not overdo amounts of this due to the higher density foods like nuts and chocolate. I told her... "Pearl, don't worry, the bitters of the dark chocolate and the sour of the goji prevent overdoing it. This mix has its own portion control device inside itself. It is hard to overdo these flavors. This is not like a trail mix that is full of sweet M&M's and raisins where you just stuff a bunch in your mouth and keep going. This gets eaten wisely. Trust me, our Mamas aren't going to start hoeing into it. When they eat it, they won't feel like they're eating air, they'll get sustained then stop. This mix will help slay their snacking monster and keep them safe and sane when they're out and about and facing health-sabotaging food when the hangries hit. And for protein, they can do what I do... keep a zippy of [TH ESSENTIAL](#) in my purse (with a little silicone flexible micro funnel) so I can pour a serving into a bottle of water. When they're out of the house, and the hangries are growling down any common sense, this mix will stop them from pulling up at the FREAKIN' DRIVE THROUGH! Take that, Pearl!"

My family has become addicted to this Yuck Yum trail mix, too. They have grown to love the bitter, earthy crunch, and it is grounding to "melting down" children when they are out and about. It is perfect for plane rides, when you don't want the pretzels at the movie theaters, or when they need something during a long church service... he-he. Post-Sunday service blood sugar crashes are a real thing... and usually, donuts and sugary coffee are handed out like water when you least need the temptation. A serving of [TH ESSENTIAL](#) and a handful of Yuck Yum Trail Mix is the perfect prescription for a sedated appetite. Your protein is met with a full 3-gram leucine bolus, plus the desire to munch on something and get your jaws with something substantial between them is satisfied. The nutrients and antioxidants are through the roof... this RX is a game changer.)



INGREDIENTS:

Equal Amounts of the Following

- goji berries
- raw walnuts
- coconut flakes (unsweetened)
- extra dark chocolate (as dark as possible; chopped)

INSTRUCTIONS:

1. Place all ingredients in a zippy bag and keep them in your purse. *(S - I make a bunch of zippies at once and keep them stored in the fridge till I throw another in my purse.)*