

# SCROGGIN



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success through inspiration

**Recipe by Sarah Percy**

*Make up a batch of this energy dense scroggin and divide into individual snap lock bags for a portable snack to keep you going for longer.*

## Ingredients

1/2 cup unsalted, raw cashew nuts

1/2 cup almonds

1/4 cup Brazil nut

1/2 cup coconut flakes

1/4 cup pumpkin seeds

1/4 cup sunflower seeds

1/2 cup dried fruit (dried apricots, dates, apple and banana chips work well)

18 squares of dark chocolate

## Method

1. Combine all ingredients.
2. Divide up into 1/2 cup serves in individual snap lock bags or containers.

1/2 a cup will provide a good supply of protein, healthy fat and carbohydrates, especially during physically demanding periods.



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