

# Tropical Georgia Peanut Trail Mix

*A vibrant, sun-kissed trail mix with sweet tropical fruits, bold Georgia peanuts, and a warm spiced finish from cinnamon and cayenne.*

*Category: Grab & Go / Snack · Peanut Product: Roasted Georgia Peanuts*

*Submitted by Joshua Swinney · Location: Northside Hospital*

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## INGREDIENTS

Ingredient	Amount
Roasted Georgia peanuts	2 cups
Dried papaya chunks	¾ cup
Dried pineapple chunks	¾ cup
Dried apricots, halved	½ cup
Ground cinnamon	¼ tsp
Cayenne pepper	1/8 tsp
Flaky sea salt	¼ tsp

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## INSTRUCTIONS

- 1. Toast the peanuts:** If using raw Georgia peanuts, spread on a dry baking sheet and toast at 350°F for 8–10 minutes, stirring halfway, until fragrant and golden. Let cool completely. Skip if using pre-roasted peanuts.
- 2. Prep the fruit:** Chop dried papaya and pineapple into bite-sized pieces if needed. Halve the apricots. Uniform sizing ensures a good fruit-to-nut ratio in every handful.
- 3. Season and toss:** In a large mixing bowl, combine peanuts, papaya, pineapple, and apricots. In a small bowl, mix cinnamon, cayenne, and sea salt. Sprinkle spice blend evenly over the mix and toss well to coat.
- 4. Taste and adjust:** Add a pinch more cinnamon for warmth or cayenne for extra heat. The spice should be a background note, not overpowering.
- 5. Store and serve:** Transfer to an airtight container or portion into individual snack bags. Best enjoyed within 2–3 weeks for peak freshness and crunch.

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## NOTES

### **Sourcing tip:**

Look for Georgia Grown peanuts in-state or through the Georgia Peanut Commission's retailer list for the freshest, most flavorful base.

### **Fruit tip:**

Unsulfured dried apricots give a deeper, earthier flavor — sulfured ones are brighter and more tart. Either works great here.

### **Variations:**

Add unsweetened coconut flakes or macadamia nuts for more tropical flair. A light drizzle of honey before tossing makes a great sweet-heat version.

**K-12 / Foodservice scaling:**

This recipe doubles and triples easily. Pre-portioned into 2 oz snack cups, it works beautifully as a grab-and-go option or classroom snack.

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■ Allergens: Peanuts · Tree Nuts (if variations used)