

Savory Spiced Trail Mix

Web Recipe · Snack · GF

210 cal · 8g protein · 14g carbs · 15g fat · 8 servings

Ingredients

- 1 cup raw almonds
 - 1/2 cup roasted pumpkin seeds
 - 1/2 cup roasted soy nuts
 - 1/3 cup raw sunflower seeds
 - 1/3 cup dried cranberries
 - 2 tbsp nutritional yeast
 - 1 tsp smoked paprika
 - 1/2 tsp garlic powder
 - 1 tbsp tamari
 - 1 tbsp olive oil
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Instructions

1. Preheat oven to 325°F (165°C).
 2. In a large bowl, toss almonds, pumpkin seeds, soy nuts, and sunflower seeds with olive oil, tamari, smoked paprika, garlic powder, and onion powder.
 3. Spread on a baking sheet and bake 15-18 minutes, tossing halfway through.
 4. Let cool completely on the pan.
 5. Mix in dried cranberries and nutritional yeast.
 6. Store in an airtight container at room temperature for up to 3 weeks.
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