

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

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.

Generated by Meal Planner · Per serving macros