

Sweet & Spicy Trail Mix

This recipe can be used as a blueprint to create a flavorful snack mix that is customizable with different nuts, seeds, dried fruit and seasonings!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	5 MIN	20 MIN

INGREDIENTS

For the Spiced Nuts & Seeds:

¼ cup	Pecans, chopped
¼ cup	Pumpkin Seeds
1 Tbsp + 1 tsp	Maple Syrup
¼ tsp	Cinnamon, ground
1/8 tsp	Nutmeg, ground
1/8 tsp	Cayenne Pepper
1/8 tsp	Kosher Salt

For the Popcorn:

¼ cup	Popcorn Kernels
1 Tbsp	Olive or Canola Oil
1/8 tsp	Kosher Salt

For the Trail Mix:

¼ cup	Chocolate Chips, semi-sweet
¼ cup	Dried Fruit such as Raisins or Cherries

CHEF'S NOTES

The popcorn can be popped and made with different flavoring options added to the oil and salt. We like the following combinations:

- Garlic powder, onion powder, oregano & parmesan cheese
- Garlic powder, dried dill, and nutritional yeast
- Cinnamon and nutmeg

Popcorn is a whole grain which makes it a perfectly healthy, crunchy snack when you pop it at home. We make it easy with a paper lunch bag and a quick trip in the microwave!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the spiced nuts & seeds: Combine the pecans, pumpkin seeds, maple syrup, cinnamon, nutmeg, cayenne and salt in a small skillet over medium-low heat. Use a spatula to toss until evenly coated.
3. Cook until mixture reaches a low simmer, stirring occasionally. Simmer for about 10 minutes, stirring often until the liquid in the maple syrup has evaporated and the sugars have crystallized.
4. Pour the nuts and seeds onto a small sheet pan or plate lined with parchment paper. Break apart any large clumps with a spatula and allow to cool to room temperature.
5. Make the popcorn: Place the popcorn kernels in a brown paper lunch bag and fold the top tightly, then place in the microwave and cook for 2 minutes or until the popcorn kernels stop popping.
6. Pour the popcorn into a medium bowl, add the oil and salt and stir to combine.

7. Make the trail mix: Add the chocolate chips and raisins to the popcorn along with the spiced nuts and seeds. Stir to combine and enjoy!

Nutrition Facts

6 servings per container

Serving Size about 1 cup (38 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 11g 14%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 7%

Potassium 100mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

