

Sweet & Spicy Party Mix



This recipe makes a great gift for family and friends at the holidays – the sugar and warm spices are balanced with a little cayenne for heat, creating a party for your mouth!

YIELD ABOUT 6 CUPS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

3 Tbsp	Brown Sugar
2 tsp	Fresh Thyme, chopped (divided)
½ tsp	Kosher Salt
½ tsp	Cinnamon, ground
¼ - ½ tsp	Cayenne Pepper
½ cup	Pecans, raw, whole
½ cup	Almonds, raw, whole
1½ Tbsp	Butter, unsalted
3 cups	Pretzels, unsalted, small
1 cup	Rice Chex Cereal
2 Tbsp	Maple Syrup

CHEF'S NOTES

You can customize this recipe with different nuts, shapes of pretzels, crispy cereal varieties, and different herbs – fresh rosemary would also be delicious!

Nuts like pecans and almonds are full of fiber, nutrients, heart healthy monounsaturated fats, and protein, making them a delicious and nutritious snack option.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 350°F and line a half sheet tray with parchment paper.
2. In a small bowl, combine the brown sugar, 1 teaspoon thyme, salt, cinnamon, and cayenne.
3. Mix the pecans and almonds in an even layer on the lined half-sheet pan. Bake for about 10 minutes or until the nuts begin to brown. Once toasted, transfer the hot nuts to a medium bowl with the butter and stir until the butter melts. Reserve the parchment-lined pan for later use.
4. Add the pretzels, cereal, and maple syrup to the nut mixture and stir to combine. Sprinkle the sugar mixture evenly over the pretzel mixture and toss gently to coat.
5. Spread the mixture evenly in a single layer on the reserved baking sheet. Bake for 10 minutes, stirring once half-way through.
6. Remove party mix from the oven and transfer to a medium bowl. Sprinkle with the remaining 1 tsp of thyme. Cool completely then transfer to a sealed container or bag.

Nutrition Facts

12 servings per container

Serving size 1/2 cup (34g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 125mg 5%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 6g Added Sugars 12%

Protein 3g

Vitamin D 0.1mcg 0%

Calcium 40mg 2%

Iron 1.6mg 8%

Potassium 70mg 2%

* 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.

CONTAINS: MILK, ALMOND, PECAN, WHEAT, SOY

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goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

