

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, <u>divided</u> (about 4-6 sprigs)
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 an oven to 350°F and line a half sheet tray with parchment paper.
2. In a small bowl, make the sugar & spice blend by combining the brown sugar, 1 teaspoon chopped thyme, salt, cinnamon, and cayenne. Reserve for later.
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 & spice blend 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 halfway 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 if not serving immediately.

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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