

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 5 CUPS	PREP TIME 5 MIN	TOTAL TIME 35 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 (ground red pepper)
½ cup	Pecans, raw, whole
½ cup	Almonds, raw, whole
1 ½ Tbsp	Butter, unsalted
3 cups	Pretzels, unsalted, small
1 cup	Crispy Rice Cereal (such as Chex)
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. Preheat oven to 350°F.
2. Combine the brown sugar, 1 tsp thyme, salt, cinnamon, and cayenne in a small bowl.
3. Combine the pecans and almonds on a parchment-lined rimmed baking sheet in an even layer. Bake for about 10 minutes or until the nuts begin to brown. Set aside baking sheet. Add the hot nuts to a medium bowl with the butter and stir until the butter melts.
4. Gently stir in the pretzels, cereal, and maple syrup. 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. Sprinkle with the remaining 1 tsp thyme. Cool completely then transfer to a sealer container or bag.



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