

High Energy Super Snacks

Nut & seed mixes two ways. One sweet and one savory to suit your snacking mood.

Curried Nut + Seed Mix

active time 5 min / total time 30 min

ingredients

1 cup walnuts
1/2 cup pumpkin seeds
1/4 cup coconut chips
1 tbsp olive oil
1 tsp curry powder
1/2 tsp garlic powder
salt + pepper to taste

directions

1. Preheat oven to 250. Put walnuts, pumpkin seeds & coconut chips in a small bowl & set aside.
2. In a small saucepan, gently warm olive oil, curry powder, garlic powder, salt & pepper. Mix well. Once small bubbles start to appear in the oil, turn off the heat & let sit for 5 minutes.
3. Pour oil & spice mixture over nuts. Toss to coat evenly. Arrange in a single layer on a baking sheet.
4. Bake 25 minutes, or until just starting to turn golden (the coconut chips are a good gauge). Let cool completely & store in an airtight container.



Sweet + Spiced Nuts

active time 5 min / total time 30 min

ingredients

1/2 cup pecans
1/2 cup hazelnuts
1/4 cup coconut chips
1 tbsp coconut oil
1 tsp cinnamon
1/2 tsp clove
generous pinch of salt

directions

1. Preheat oven to 250. Put pecans, hazelnuts & coconut chips in a small bowl & set aside.
2. In a small saucepan, gently warm coconut oil, cinnamon, clove & salt. Mix well. Once small bubbles start to appear in the oil, turn off the heat & let sit for 5 minutes.
3. Pour oil & spice mixture over nuts. Toss to coat evenly. Arrange in a single layer on a baking sheet
4. Bake 25 minutes, or until just starting to turn golden (the coconut chips are a good gauge). Let cool completely & store in an airtight container.

