

# Super Good Savory Snack Mix

cook time 1 hour / total time 1 hour 10 minutes

makes approximately 5 cups

If you're a fan of Chex Mix, you'll love this recipe! Instead of a bunch of questionable ingredients that will leave you feeling gross, this mix uses simple, straightforward ingredients so you can feel better about munching away.

## ingredients

3 cups plantain chips  
1 cup cashews  
1 cup pecans  
3 tbsp olive oil  
1 ½ tbsp coconut aminos  
½ tbsp apple cider vinegar  
1 ½ tsp garlic powder  
1 ½ tsp onion powder  
1 tsp sea salt  
¼ tsp paprika



## instructions

1. Preheat oven to 250.
2. Add plantain chips, cashews and pecans into a large bowl. Set aside.
3. In a small saucepan over medium heat, add the rest of the ingredients. Whisk together until there are no clumps and the oil mixture is slightly warm, about 3 minutes.
4. Pour oil mixture in the bowl with plantain chips and nuts. Stir the mixture with a large spoon until the everything is evenly coated.
5. Pour the snack mix on a baking sheet in an even layer and pop in the oven. Give the mix a stir every 15 minutes for an hour.
6. After the hour, remove from the oven and allow the mix to cool completely. Store in an airtight container. It will be best for up to a week, but I doubt it will last that long.

## notes

\* I like Inka brand plantain chips, which uses palm oil. Palm oil is a better choice over refined vegetable oils such as canola, soy or sunflower.

\* You could use worchestire sauce or tamari in place of the coconut aminos.