

SAVORY FLAVORS TRAIL MIX

NUTRITION FACTS

Serving Size: 1 1/8 cup (recipe makes 6 servings)

Calories: 255 | Carbohydrates: 22g | Protein: 3g | Total Fat: 18g | Saturated Fat: 2g | Sodium: 85mg | Fiber: 4g

INGREDIENTS

- 3 Tbsp Olive oil
- 1 1/2 tsp Honey
- 2 tsp Nutritional yeast (or ground flaxseed)
- 3/4 tsp Garlic powder
- 1/2 tsp Paprika
- 1/2 tsp Dried oregano
- 4 cups Popcorn (popped, unsalted)
- 3/4 cup Pecans halves (unsalted)
- 1 cup Apple chips
- 1 cup Pretzels (mini)

DIRECTIONS

1. Preheat the oven to 250°F. Line a baking sheet with parchment paper.
2. In a small bowl, whisk together the olive oil and honey. In a separate cup, mix together the nutritional yeast, garlic powder, paprika and oregano.
3. In a large bowl, combine the popcorn, pecans, and pretzels. Drizzle the olive oil mixture over and toss to combine. Sprinkle with the spice mixture and toss again.
4. Spread onto the baking sheet and bake until lightly toasted and nearly dried, 40 to 45 minutes, stirring every 15 minutes. Transfer to a large bowl to cool, tossing every few minutes.
5. When the mixture is completely cool, toss in the apple chips. Portion into bowls and serve.

NOTES

Leftovers: Store in an airtight container for up to 3 days.





ConnectCare3®

SAVORY FLAVORS TRAIL MIX



Scan Here for More Recipes!

