



OVEN-SPICED TRAIL MIX

Total time: 10 minutes prep + 20 – 25 minutes bake time

Serves: 6

INGREDIENTS:

- ¾ cup almonds
- ¾ cup pecans
- 1 large egg white
- 1 tablespoon brown sugar
- 1 teaspoon cayenne
- 1 teaspoon salt
- 1 cup dried unsweetened cherries or raisins
- ½ cup pepitas (also known as pumpkin seeds)
- ½ cup reduced-fat pretzel pieces

DIRECTIONS:

1. Preheat oven to 275o F.
2. Place parchment paper on a large baking sheet.
3. In a large bowl add egg white, brown sugar, cayenne, and salt. Whisk together.
4. Add almonds and pecans and stir to coat evenly.
5. Drain off excess liquid and place nuts in a single layer on parchment.
6. Bake 20 – 25 minutes, tossing every 5 minutes.
7. Cool and break apart any clumps.
8. Combine nuts with cherries, pepitas and pretzels.
9. Store in an airtight container.