

# Sweet N Salty Snack Mix

Makes: 3 cups

## INGREDIENTS:

- 1 tsp cinnamon
- 1 tsp cayenne pepper
- 1/2 tsp cumin
- 1 tsp smoked/regular paprika
- 1 tsp salt
- pinch black pepper
- 1 tbsp olive oil
- 2 tbsp pure maple syrup
- 1/2 cup cashews
- 1/2 cup almonds
- 1/2 cup walnuts
- 1/4 cup pumpkin seeds



**Serving size:** 1/4 cup

## INSTRUCTIONS:

1. Preheat the oven to 350 degrees.
2. In a small bowl, mix all spices together and set aside.
3. In a large bowl, toss the nuts with olive oil and maple syrup. Sprinkle in the spices and toss so nuts are coated evenly.
4. Lay out the mixture on a sheet pan and place in the oven for 12-15 minutes. Let them cool and then store in a covered container in the pantry for up to 1-2 weeks.

Notes: Great snack to have on hand, leave on the counter during the holiday season/football season or package as a gift.