

Spiced Mixed Nuts Serves: 8

Preheat oven to 325 degrees. Grease a large baking sheet.

| | | |
|---------|--|---|
| 1/2 cup | raw pecans | Add to a large bowl and toss well to combine. |
| 1/2 cup | raw almonds | |
| 1/3 cup | shelled raw pistachios | Spread the nut mixture in a single layer on the prepared baking sheet. |
| 1/2 cup | raw walnuts | |
| 1/3 cup | pepitas (also known as pumpkin seeds, or use sunflower seeds) | Bake for 15-20 minutes, stirring halfway through cooking time. The nuts are done when they are lightly toasted. |
| 1 Tbsp | pure maple syrup | |
| 1/2 tsp | curry powder | Remove from the oven and let cool. Enjoy! |
| 1/8 tsp | ground cayenne red pepper (or more to taste) | |
| 1/2 tsp | dried rosemary | |
| 1/4 tsp | salt | |

Nutrition Information for 1/4 cup:

Calories: 190 • Fat: 17 g • Sat Fat: 1.8 g • Chol: 0 • Fiber: 3 g • Protein: 6 g • Total Carb: 7 g • Sugars: 3 g • Sodium: 50 mg

Peanut Butter Cup Power Balls Makes 20 balls

| | | |
|---------|--|--|
| 1/2 cup | old-fashioned rolled oats* | Mix together in a medium bowl until well combined. Let chill in the refrigerator for 30 minutes or up to overnight. Once chilled, to guide you, divide the dough in half, then roll each half into 10 bite-sized balls (20 balls total). |
| 1/2 cup | natural crunchy peanut butter (or other nut butter) | |
| 1/3 cup | honey | Refrigerate or freeze in a covered container. Enjoy! |
| 1/4 cup | unsweetened shredded coconut , OPTIONAL | |
| 1/2 cup | ground flax seed (or use half whole flax seed, for texture) | *If desired, you can process 1/2 or all of the rolled oats into oat flour before adding to the mix, giving them a smoother texture. |
| 1/4 cup | chocolate chips , dark or semi-sweet | |
| 1 tsp | vanilla extract | |

Nutrition Information for 1 ball, using no salt added peanut butter:

Calories: 90 • Fat: 6 g • Sat Fat: 1.6 g • Chol: 0 mg • Fiber: 2 g • Protein: 2 g • Total Carb: 10 g • Sugars: 6 g • Sodium: 0 mg