

5 Spiced Nuts and Seed Mix

Ingredients

- 1 cup unsalted peanuts
- ¼ cup pepitas
- ¼ cup sunflower seeds
- ½ cup macadamias
- ½ cup Brazil nuts, chopped
- 2 tablespoons sesame seeds
- 1 tablespoon Chinese 5 spice
- ½ teaspoon kosher salt
- 2 tablespoons coconut oil

Instructions

1. Preheat oven to 350°F.
2. Place all nuts and seeds with 5 spice and salt. Heat coconut oil and drizzle over spiced nuts and seeds. Toss well and lay out on a baking sheet.
3. Bake for 10 minutes, check and stir mixture to insure even browning. Bake for 3 more minutes or until nut and seeds are golden brown.

Yields: 2 ½ cups

Culinary Medicine, Nutrition Services



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