

SWEET AND SALTY SNACK MIX

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 18 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 139

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 64 mg

Total Carbohydrate: 23 g

Dietary Fiber: 4 g

Total Sugars: 12 g

Protein: 3 g



Ingredients

- Cooking spray
- 1 ½ Tablespoons honey
- ¾ teaspoon ground cinnamon
- 1 ½ cups (6 ounces) unsalted, roasted chickpeas (also known as garbanzo beans)
- 3 cups popped kettle corn (choose gluten free for GF version)
- 2/3 cup dried cranberries
- 2/3 cup dark chocolate chips (choose gluten free for GF version)
- 1 cup pretzel twists (choose gluten free for GF version)



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Directions

1. Spray insides of small bowl with cooking spray. Add honey and cinnamon and stir together.
2. In a large bowl combine chickpeas, kettle corn, dried cranberries, chocolate chips and pretzels.
3. Drizzle cinnamon honey over mix. Using a rubber spatula, gently toss to combine.
4. Enjoy immediately or store in a paper bag for freshness.



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