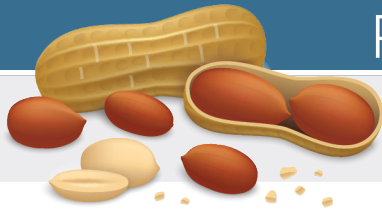


SWEET & SPICY ROASTED NUT MIX*



October 22

National Nut Day

INGREDIENTS

- 1 Cup Unsalted Cashews
- 1 Cup Unsalted Peanuts
- 1 Cup Walnuts
- 1 Cup Salted Almonds
- 2 Tablespoons Maple Syrup
- 2 Tablespoons Olive Oil
- ½ Teaspoon Lemon Pepper
- ½ Teaspoon Salt
- ⅛ Teaspoon Chili Powder

DIRECTIONS

1. Preheat the oven to 300°.
2. Line a baking sheet with a silicone mat. Set aside.
3. In a large mixing bowl, add the cashews, peanuts, walnuts, and almonds.
4. Drizzle the maple syrup and olive oil on the nuts. Mix to coat the nuts.
5. Add in the lemon pepper, salt and chili powder. Mix well.
6. Pour the nut mixture onto the prepared baking sheet and spread out evenly.
7. Bake for 25 minutes, stirring the nuts at 10 and 20 minutes.
8. Let the mixture cool completely before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

4 Cups (32 Ounces)

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce

*Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced