

Honey Spiced Snack Mix



Lots of trail mixes have allergens in, however if you make your own you can choose and control what goes in it, and what flavourings to add - it's so easy to do! For example, if you're allergic to peanuts, you can swap in almonds or cashews instead.

Ingredients

- 1 can chickpeas, drained
- 2 tbsp extra virgin olive oil
- 1/4 tsp salt
- 2 tsp honey
- 2 cups raw nuts or seeds mix (such as almonds, sunflower seeds, pepitas)
- 2 tsp ground cumin
- 1 tsp sweet or smoked paprika
- Pinch of cayenne pepper

Method:

1. Drain the chickpeas and rinse. Lay them on a baking tray and roast them at 180C for 10 mins.

Take them out, put them in a heatproof bowl, add the rest of the ingredients and toss to coat.

2. Roast the mixture at 160C for another 20 to 30 minutes. Once they are golden, remove them from the oven and allow them to cool completely.