

# Mark's Kitchen

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## Holiday Spiced-Nut Mix

As a special treat, we're featuring an easy, healthy and delicious nut mix for your holiday parties from our friends at [Experience Life Magazine](#).

Ready in: 28 minutes

Serves: 6, ¼ cup servings for the mixed nuts

### Ingredients

- ½ cup almonds (raw or soaked and dehydrated)
- ½ cup walnuts (raw or soaked and dehydrated)
- 1 cup pepitas (raw or soaked and dehydrated)
- 1 tablespoon maple syrup
- 1 tablespoon coconut oil
- 2 tablespoons chia seeds
- ¼ teaspoon sea salt
- ¼ teaspoon cinnamon or allspice
- 1 heaping tablespoon goji berries

### Directions

Step 1: Preheat the oven to 300 ° F.

Step 2: Combine nuts and seeds in a small bowl.

Step 3: In a small saucepan, add the maple syrup and coconut oil. Whisk the maple syrup and oil over medium-low heat for about 30 seconds until coconut oil is melted; remove from heat.

Step 4: Mix in the salt, spices, and chia seeds; stir until fully combined.

Step 5: Pour the nuts and seed mixture into the saucepan; using a rubber spatula to scrape up all the syrup and oil, combine the mixture until fully coated and evenly distributed.

Step 6: Line a baking pan with parchment or Silpat; pour the mixture out on the pan and distribute in one even layer (you will not need the entire width of the pan).

Step 7: Roast in the oven for 10 minutes. Stir, and roast another 7 to 8 minutes.

Step 8: Remove from the oven; stir in the goji berries while the mixture is still warm. Let cool on the pan. Once hardened, break up any large chunks and store in a glass container for up to 5 days.

Nutritional facts per  $\frac{1}{4}$  cup: Calories: 210; Fat 17.5g; Sat Fat 3.4g; Cholesterol 0mg; Protein 6.3g; Carbs 8.8g; Sodium 77mg; Sugar 3.1g