Snack

Almond and Seed Snack Mix

A speedy crunchy snack that combines almonds, pumpkin seeds and sunflower seeds in one bowl. It takes just minutes to pull together and packs neatly for enjoying later.

2 min	140	5 g	1 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 1 serving

- [ ] 2 tbsp almonds
- [ ] 1 tbsp pumpkin seeds
- [ ] 1 tbsp sunflower seeds

Method

- [ ] **1** Tip the 2 tbsp almonds into a small bowl or container.
- [ ] **2** Add the 1 tbsp pumpkin seeds and the 1 tbsp sunflower seeds.
- [ ] **3** Toss everything together gently until the almonds and seeds are evenly mixed.
- [ ] **4** Snack right away or seal the mix in an airtight container to keep for later.

Nutrition Facts

Per serving

Calories	**140**
Total fat	12 g
Saturated fat	1 g
Sodium	0 mg
Total carbs	5 g
Fiber	3 g
Total sugars	1 g
Protein	5 g

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