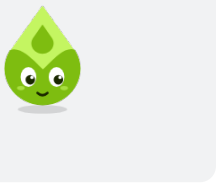
Snack

Crunchy Coconut Curry Snack Mix

A crunchy blend of nuts, seeds, chocolate, and coconut tossed with a light curry seasoning. It comes together in minutes with just a shake of a container.

5 min	100	5 g	2 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 12 servings

- [ ] 1/4 tsp curry powder
- [ ] 1 nonstick cooking spray
- [ ] 1/4 cup sunflower seeds
- [ ] 3 tbsp sweetened coconut flakes
- [ ] 1/4 cup chocolate chips
- [ ] 1 cup whole roasted almonds
- [ ] 1 1/2 cup unsalted peanuts

Method

- [ ] **1** Tip the whole roasted almonds, unsalted peanuts, chocolate chips, sunflower seeds, and sweetened coconut flakes into a medium plastic container.
- [ ] **2** Mist the mixture evenly with nonstick cooking spray.
- [ ] **3** Sprinkle the curry powder over the top.
- [ ] **4** Fit the lid onto the container and shake gently until everything is well mixed.

Nutrition Facts

Per serving

Calories	**100**
Total fat	9 g
Saturated fat	1.5 g
Sodium	0 mg
Total carbs	5 g
Fiber	2 g
Total sugars	2 g
Protein	4 g

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