

# Spicy Almond-Pumpkinseed Snack Mix

**Serving Size** 1/2 cup

**Servings** 6

**Prep Time** 5 min

**Cook Time** 17 min



## Nutrition Information

Calories	118
Fat	6.7 g
Saturated fat	0.6 g
Monounsaturated fat	3.7 g
Polyunsaturated fat	1.9 g
Protein	3 g
Carbs	12.5 g
Fiber	1 g
Cholesterol	0 mg
Sodium	272 mg

## Health Benefit

[Low Cholesterol](#)

## Ingredients

2 cups [gluten-free crispy rice cereal squares \(such as Rice Chex\)](#)

1/2 cup [salted roasted pumpkin seeds](#)

1/3 cup [slivered almonds](#)

1 tablespoon [canola oil](#)

2 teaspoons [chili powder](#)

2 teaspoons [Worcestershire sauce {Check for Gluten}](#)

2 teaspoons [prepared mustard](#)

1/2 teaspoon [smoked paprika](#)

1/4 teaspoon [cumin](#)

1/4 teaspoon [ground red pepper](#)

1/4 teaspoon [salt](#)

## Directions

1. Preheat oven to 300°.
2. Combine first 3 ingredients in a large bowl. Combine oil and next 6 ingredients in a small bowl;

drizzle over cereal mixture, tossing well to coat.

3. Line a large jelly-roll pan with foil; coat foil with cooking spray. Spread cereal mixture on prepared pan.
4. Bake at 300° for 10 minutes; stir. Bake an additional 7 minutes or just until mixture begins to brown. Remove from oven; sprinkle with salt, and stir well. Cool in pan on a wire rack. Store in an airtight container.

Cooking Light Gluten-Free Cookbook, Oxmoor House 2011