

Sweet and Spicy Trail Mix (Low FODMAP)



Discover our flavorful recipe for Low FODMAP Sweet and Spicy Trail Mix. Enjoy the perfect blend of savory and sweet flavors in this satisfying snack mix. Packed with nutritious ingredients, it's the ideal trail companion for a tasty and FODMAP-friendly treat!

Preparation 5 min

Cooking 10 min

Servings 8

Nutrition Facts (per serving)

Calories 190

Fat 14

Carbohydrates 15

Fibre 3

Protein 5

Sodium 210

Ingredients

- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) vegetable oil
- 10 ml (2 tsp) chili powder
- 2.5 ml (½ tsp) salt
- 250 ml (1 cup) mini pretzels (see note)

- 180 ml (3/4 cup) thawed and well-dried edamame
- 125 ml (½ cup) raw pumpkin seeds
- 125 ml (½ cup) raw walnuts
- 80 ml (1/3 cup) raw sunflower seeds
- 60 ml (¼ cup) chocolate chips

Note: For a gluten-free option, use the Glutino brand.

Preparation

1. Preheat the oven to 160°C (325°F).
2. In a large bowl, whisk together the maple syrup, vegetable oil, chili powder, and salt.
3. Add the mini pretzels, edamame, pumpkin seeds, walnuts, and sunflower seeds.
4. Line a baking sheet with parchment paper and spread the mixture on it.
5. Bake for 40 minutes, stirring halfway through.
6. Allow to cool slightly, then add the chocolate chips.

Notes



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