

Maple Glazed Snack Mix with Popcorn, Pretzels and Raisins

Serving: 6

Ingredients

4 cups **popped popcorn**

2 cups **pretzel sticks**

1 cup **almonds** *or pecans, coarsely chopped*

$\frac{1}{2}$ cup **raisins**

1 tablespoon **sunflower seed butter**

$\frac{1}{3}$ cup **maple syrup**

1 teaspoon **vanilla extract**

1 teaspoon **cinnamon** *optional*

$\frac{1}{2}$ C **chocolate chips** *optional*

Directions

Preheat oven to 250 degrees.

In a large bowl combine popcorn, pretzels, nuts and raisins, set aside.

In a small saucepan, over medium heat, melt "sunbutter" and maple syrup. Stir to combine and heat syrup through. Take off heat and stir in vanilla. Pour over popcorn/pretzel mixture and quickly toss to coat.

Line a large baking sheet with parchment paper. Pour popcorn/pretzel mix onto baking sheet and spread evenly. Bake at 250 degrees for 45 minutes, stirring halfway through. Add chocolate chips, if using and allow to cool before serving. Store in an airtight container.

