

## Smoky-spicy bar mix (~3.5 cups)

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You will need:

- 1 1/4 cups raw unsalted cashews
- 1 1/4 cups raw unsalted almonds
- 3/4 cup unsweetened coconut flakes or chips (Something like [this](#) -- not traditional sweetened, shredded coconut)
- 2 Tbsp sesame seeds
- 2 Tbsp low-sodium soy sauce or tamari
- 1/2 Tbsp maple syrup
- 1/4 tsp liquid smoke
- 1/2 tsp fine sea salt
- 1/2 tsp smoked sweet paprika
- 1/4-1/2 tsp cayenne pepper or hot sauce (I used chipotle hot sauce)

Steps:

1. Preheat the oven to 325° F. Line a large baking sheet with non-stick foil or parchment paper.
2. Mix the cashews, almonds, coconut, and sesame seeds in a medium bowl and set aside.
3. In a small bowl (or even a mug), mix the remaining ingredients with a fork or small whisk.
4. Pour the wet ingredients over the nuts mixture and toss to coat evenly.
5. Spread the mixture out on the baking sheet in a thin layer.
6. Bake for 10 minutes; stir, and bake for another 10 minutes, or until the coconut flakes are golden brown.
7. Allow to cool; store in an airtight container (if it makes it that far).