

Curried Cashew and Veggie Trail Mix

Ingredients

- 2 cups raw cashews
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon coconut nectar (or vegan liquid sweetener of choice)
- 1 teaspoon pink Himalayan salt
- 1 teaspoon garam masala or curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/8 teaspoon cayenne (optional)
- 1 bag freeze-dried vegetables

Preparation

1. Line a large baking sheet with parchment paper and preheat oven to 400°F.
2. Spread raw cashews on the baking sheet and place into the oven for 8 minutes.
3. In the meantime, make the flavoring. In a large bowl, mix all of the remaining ingredients (except for the freeze-dried vegetables) until uniform. Once the cashews are done, cool until easy to handle and add to the mixture. Carefully mix until all of the cashews are coated.
4. Place the seasoned cashews back onto the baking sheet and then place back into the oven for 4 more minutes.
5. Remove from the oven, cool completely, then toss in a clean large bowl with the freeze-dried vegetables. Store in an airtight container for up to 2 weeks.