

Savory Popcorn and Nut Mix



Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 12 Ounces can mixed dry-roasted salt-free cocktail nuts
- 4 Cups plain popped popcorn
- 3 Tablespoons unsalted butter, melted
- 2 Teaspoons fresh thyme, minced
- 1 Teaspoon kosher salt
- 1/4 Teaspoon cayenne pepper
- 1/4 Teaspoon garlic powder

Nutrition Facts

Makes 10 servings

Amount per serving:

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|--------------------|-------|
| Calories | 245.5 |
| Total Carbs | 7.7 |
| Total Fat | 21 |
| Protein | 6.5 |

Directions:

1. Heat oven to 275°F.
2. On a large roasting pan, toss nuts and popcorn with butter. Sprinkle evenly with thyme. Combine kosher salt, cayenne pepper and garlic powder; sprinkle over top and toss well.
3. Bake 15 minutes. Transfer to large sheet of wax paper and let cool.
4. Store in an airtight container.