

HOME RUN

Sweet & Salty Snack Mix



Serves: 6, Serving size: 1 cup

Ingredients:

- 1 can (15 ounces) chickpeas (also known as garbanzo beans), drained and rinsed
- Cooking spray
- 1 ½ tablespoons honey
- ¾ teaspoon cinnamon
- 3 cups kettle corn, popped
- ⅔ cup dried cranberries
- 1 cup pretzel twists



Directions:

1. Preheat oven to 400°F.
2. Gently dry chickpeas with a dish towel and spread in a single layer on a foil-lined baking sheet. Ask an adult to help you roast the chickpeas for 10 minutes.
3. Remove chickpeas from oven. Lightly coat with cooking spray, stir on baking sheet, and roast for an additional 15 minutes or until chickpeas are golden brown and crispy. Turn oven off, open oven door about 5 inches, and allow chickpeas to cool inside for about 10-15 minutes. This helps give them a tasty crunch!
4. Meanwhile, combine kettle corn, dried cranberries, and pretzels in a large bowl.
5. Once the roasted chickpeas are cool, place them in a medium bowl and top with honey and cinnamon. Stir until chickpeas are evenly coated. Add chickpeas to the mixture from step 4 and lightly toss until snack mix is well combined. Enjoy immediately or store in a paper bag for freshness.

