



# Ashley's Meal Prep Monday!



## Crunchy Snack Mix

### INGREDIENTS

1 cup roasted salted peanuts  
1 cup rice crispies  
1 cup roasted salted pepitas  
2 egg whites  
2 TSP maple syrup  
1 TSP fav spice mix  
½ TSP salt  
few TBSP shredded parm

In a med. bowl, add peanuts, rice crispies and pepitas. You can get wild and really use whatever kind of nut or seed you'd like to add. In a small bowl, whisk egg whites to soft peaks. Add in maple syrup, spice mix, salt and if you want, a sprinkle of your sugar preference. Pour onto the crunchies and make sure they are coated well.

Bake on parchment paper at 325 for about 8-10 minutes, stirring after 5. Once lightly golden, sprinkle with parmesan and bake until parm melts on.



Once cool, it will crisp up! Enjoy!

Recipe idea: @stephanieizard

CARTWRIGHT'S  
MARKET