

Ginger Sesame Trail Mix

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sesame-sticks-recipe>

Ingredients:

- 4 ounces soy Vay Ginger n' Sesame Popped Rice Clusters
- 1/2 cup salted cashews
- 1/2 cup dried apricots
- 1/2 cup sesame sticks I find these in the bulk foods section
- 1/2 cup crisps dried green bean, I also find these in the bulk food section

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 19 grams
3. Fat: 15 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 190 milligrams
8. Sugar: 4 grams

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