

Makhana Badam Trail Mix - Healthy Snack

Recipe Makes: 5-6 servings

Nutritional Value (per serving)

Calories: 197 kcal **Protein:** 6.6 g **Carbohydrate:** 12 g **Fat:** 15.3 g

Ingredients

- 1 cup Whole Almonds (Badam)
- 2 cups Phool Makhana (Lotus Seeds)
- 1/3 cup Sunflower seeds
- 1 tablespoon Ghee
- 1 pinch Salt
- 1/4 cup Jaggery, crushed



Instructions

1. To begin making the recipe, in a mixing bowl, combine the makhanas along with the salt and ghee and toss it well, ensuring all the makhanas are evenly coated.
2. Preheat an oven to 180 degree celsius.
3. Transfer the ghee coated makhanas onto a baking tray and allow them to roast for a good 15-18 minutes, until they turn crisp.
4. Remove from the oven and transfer to a mixing bowl.
5. In the same tray place the almonds and allow them to roast for 10-12 minutes, remove from the oven and transfer it into the same the bowl as the makhanas.
6. Into the makhana badam mix, add in the sunflower seeds, jaggery and give it a good mix.
7. Transfer this entire mixture back into the tray and flash bake for 5-7 minutes, at 200 degree celsius. This process will allow the jaggery to melt. Once done, remove from the oven and allow it to cool.
8. The Makhana Badam Trail Mix will be a little sticky till it dries up. Once it dries up and cools down, transfer it in an airtight container and store.
9. Serve Makhana Badam Trail Mix as an on the go snack for road trips or picnics or serve it as an evening snack with tea or coffee.

