

# “Chex Mix” Nuts



**Plan Z Phase:** This is a Z3 (ZReboot) recipe. These nuts taste eerily like the ones in the famous Chex Mix only I left off the Chex and the pretzels. These are a huge hit. The recipe easily doubles or triples for a big batch.

## Ingredients:

- 15 oz of nuts. These can be mixed nuts, peanuts, a combo of pecans and walnuts. Let your nut brain run wild and choose your favorites. 3 cups of nuts is about right.
- olive oil spray
- 3 tsp Worcestershire sauce (or to taste)
- A grate of sea salt. If you use pre-roasted nuts from the can they are likely salted already and you can skip this but if you use walnuts and pecans from the bag you'll want to salt them.
- 1/2 tsp onion powder
- 1/2 tsp cayenne (or less to taste)

## Instructions:

Pour the nuts into an ovenproof pan. Spray nuts with oil and toss. Sprinkle on the seasonings and toss thoroughly. Roast in your oven at 375 degrees for 10 – 12 minutes. When you start

smelling the wonderful aroma, or when you spy a little browning on the edges, take them out of the oven. You'll also know they are done when the moisture from the Worcestershire sauce has soaked into the nuts. Now toss one more time. Cool on paper towels or in the pan. You can even re-heat them another time if you want to eat them warm and really savor the coating.

Enjoy!

Cheers,