

Furikake Snack Mix

Serves 12



VEGAN



VEGETARIAN



DAIRY FREE

Ingredients

- ¼ cup agave syrup
- ¼ cup canola or other mild flavored oil
- ¼ cup vegan butter
- 2 teaspoons reduced sodium tamari or soy sauce
- 5 cups whole grain squares cereal
- 1 cup raw almonds
- ½ cup furikake, use a vegan/fish-free version if necessary
- 1 tablespoon sesame seeds

Directions

1. Preheat oven to 250°F.
2. Bring syrup, oil, butter, and soy sauce to a boil in a saucepan.
3. Put cereal and almonds on a baking sheet, pour syrup mixture over, sprinkle with furikake and sesame seeds, and stir to combine. Spread evenly on the baking sheet.
4. Bake for one hour, stirring every 15 minutes. It will look wet when you first remove it from the oven, but it will dry as it cools.

Notes

- To make this recipe vegetarian - be sure to use furikake that doesn't contain fish. You can also make your own.
- To make this recipe vegan - do the above and use vegan butter
- To make this recipe wheat-free and gluten-free - use rice or other gluten/wheat-free cereal and use gluten/wheat-free soy sauce or tamari.
- Common allergens: soy, tree nuts, wheat, sesame, milk

Recipe from [Healthier Holiday Treats, Fall 2020](#)

