BUFFALO CHICKPEA SNACK MIX
WOLF WELLNESS LAB

Ingredients

1 tablespoon butter, melted
1 can low-sodium chickpeas, drained and rinsed
2 cups Cheez-Its®
1 cup peanuts
2 cups pretzels
1/4 cup buffalo hot sauce
5 cups popcorn

Instructions

Preheat oven to 400 degrees. Dry chickpeas with a paper towel.

On a baking sheet, toss chickpeas with butter and mix. Bake for 20 minutes, stirring once.

Mix together the roasted chickpeas, Cheez-Its, nuts and pretzels on baking sheet and mix in hot sauce with ingredients.

Mix in popcorn and bake for 10 minutes until all items are crispy (pretzels and Cheez-Its may get a little soft when you mix in hot sauce).

Let cool and enjoy immediately or that day.

Enjoy!

Additional Information

Prep time: 5 minutes
Cook time: 30 minutes
Total time: 35 minutes