



Cheesy Garlic Veggie Snack Mix

Ingredients

- 6 oz **MicroDried® Brussels Sprouts Whole or Halved**
- 6 oz **MicroDried® Whole Tomato Halves**
- 6 oz deluxe mixed nut blend (cashews, almonds, pistachios, hazelnuts, pecans, macadamia nuts, vegetable oil, sea salt)
- 6 oz mini pretzels
- 4 oz cheese crisps
- 1/4 cup ranch powder
- 2 teaspoons garlic powder
- salt & pepper to taste
- spray oil

Process

1. Add all ingredients from Brussels sprouts to cheese crisps in a large Ziploc bag.
2. Spritz spray oil on mixture.
3. Add ranch powder, garlic powder, and salt and pepper to taste.
4. Close Ziploc and shake vigorously.
5. Repeat 2x, or until the mixture is coated in seasonings.



Spring Greens Powder

Ingredients

- 6 oz MicroDried® Apple Powder
- 4 oz MicroDried® Pineapple Powder S16
- 4 oz MicroDried® Mango Powder S16
- 2 oz MicroDried® Lemon Powder
- 1 oz MicroDried® Spinach Powder
- 1/2 oz MicroDried® Brussels Sprouts Powder



Process

1. Mix all ingredients and store in an airtight jar. Can be added to smoothies, yogurt, granola, baked goods, etc.