

Pistachio-Oat Mix

4 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- ¼ cup shelled pistachios
- ¼ cup rolled oats
- 1 clove garlic, smashed
- ½ teaspoon ground paprika
- 1 teaspoon dried dill
- 1/8 teaspoon salt
- Freshly ground black pepper, to taste

DIRECTIONS

1. Combine the pistachios, oats, garlic, paprika, dill, salt, and pepper in a food processor or blender. Pulse until crumbly.
2. Store in an airtight container.

Nutrition Facts

4 servings per container	
Serving size	2 Tablespoons
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 111mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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