

High-Protein Salad Topper



INGREDIENTS:

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| 3 cups Rolled oats | 1/2 tsp Salt |
| 1 cup Sunflower seeds (unsalted) | 1 tsp Garlic powder |
| 3/4 cup Unsalted almonds (chopped) | 3/4 tsp Onion powder |
| 3/4 cup Chow mein noodles | 2 tsp Rosemary (diced) |
| 1/2 cup Unsalted pistachios (shelled & chopped) | 1/3 cup Parmesan cheese |
| 3/4 cup CHiKPURE™ | 1/3 cup Olive oil or canola oil |
| 3 tbsp Flax powder | 1/2 cup Brown rice syrup |

DIRECTIONS:

1. Preheat oven to 325 °F. Line a baking sheet with parchment paper.
2. Combine dry ingredients in a bowl.
3. Add oil, stirring to coat dry ingredients.
4. Add brown rice syrup and stir until combined.
5. Spoon clumped mixture onto baking sheet (do not spread out).
6. Bake for 25 minutes total, stirring at 10 and 20 minutes.
7. Remove from oven and let cool (30 minutes to overnight). Store in airtight container.

