

Holiday Spiced Slow Roasted Nuts

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: Makes 3 cups/12 servings

Serving Size: ¼ cup

Ingredients:

- 1 large egg white, whisked until foamy*
- 2 tablespoons coconut palm sugar
- 1 teaspoon salt
- ½ teaspoon chili powder
- ¼ teaspoon all spice
- ½ teaspoon ground cumin
- 1/8 teaspoon cayenne
- 3 cups raw nuts of choice like: almonds, cashews, pecans, walnuts, or Brazil nuts

Directions:

1. Preheat oven to 300 degrees and line a large rimmed baking sheet with parchment paper.
2. In a small bowl combine salt, chili powder, all spice, ground cumin, and cayenne.
3. Place nuts in a large bowl, then pour egg white over nuts and mix well to combine.
4. Add the spice mixture to the nuts and mix again until nuts are well coated, then pour the nuts onto your prepared baking sheet and spread out into a single layer.
5. Roast in oven for 15 minutes.
6. Pull baking sheet out, toss the nuts, then spread them back out into a single layer again.
7. Place back in the oven for an additional 10 minutes.
8. Remove, allow to cool, and enjoy!

Tips and Tricks:

These can be stored in an airtight container on the countertop for up to 2 weeks.

*You can substitute oil instead of egg white here: red palm oil or coconut oil would work well.

**You can use any type of granulated sugar here if you don't have coconut sugar.

Nutritional Information Per Serving:

Calories: 199.1
Fat: 18.1 g
Cholesterol: 0.0 mg
Sodium: 196.7 mg
Total Carbohydrate: 7.4 g
Dietary Fiber: 2.7 g
Sugars: 2.0 g
Protein: 5.0 g