

Sweet & Spicy Roasted Nuts

Why I make this:

Nuts are protein-rich and contain healthy fats. They are also delicious and super satisfying, especially when I am looking for something crunchy. I love these spiced nuts on salads or as a sweet and salty snack when I'm experiencing a craving.

Ingredients:

1 cup raw walnuts

1 cup raw pecans

1 cup raw almond

1 teaspoon Himalayan salt

½ teaspoon freshly ground black pepper

¼ teaspoon ground cumin

¼ teaspoon cayenne pepper

¼ cup maple syrup

¼ cup water

1 tablespoon coconut oil

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper
2. Combine walnuts, pecans, and almonds in a large bowl. Add salt, pepper, cumin, and cayenne pepper; toss to coat.
3. Heat maple syrup, water, and coconut oil in a small saucepan over medium heat until the oil is melted. Cook for 1 minute and remove from heat. Slowly pour into the bowl of nuts and stir to coat.
4. Transfer nuts to the baking sheet and spread into a single layer.
5. Roast nuts for 10 minutes. Remove, and stir to coat nuts evenly. Spread again into a single layer, return to the oven, and bake until nuts are sticky and roasted, about 6 more minutes. Allow to cool before serving.

Store in a sealed glass container on the counter or in the fridge.