



Recipes

Savory Snacks

Mixed Spicy Nuts

Prep Time: 5 minutes

Cook Time: 15 minutes

Yield: 8 servings

Ingredients:

2 cups mixed, raw nuts—almonds, cashews, pecans
1 teaspoon coconut oil
1 tablespoon maple syrup
1 tablespoon garam masala
1 teaspoon sea salt

Directions:

1. Preheat oven to 300 degrees.
2. In a bowl mix together nuts, oil and maple syrup.
3. Lay nuts on a cookie sheet and roast in the oven until lightly browned all over, about 15 minutes.
4. Remove from heat and toss with garam masala and salt.