

Sweet & Spicy Toasted Nuts

by The Green Organic Dutchmen

Ingredients

- 3 cups mixed nuts of your choice
- 1 egg white
- 1/4 tsp cayenne pepper
- 1/4 tsp cumin
- 1.5 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp sea salt
- 1/4 cup brown sugar
- 4 sachets of Ripple powder OR 1 tbps infused olive oil

Instructions

- Preheat oven to 350F
- Combine spices, sugar, salt (& Ripple powder if using) in a small bowl, mix until even.
- In a separate large bowl, whisk egg white with 1 tsp water for 1 minute until frothy. Add nuts to large bowl and toss until coated. Add sugar/spice mix and toss until coated.
- Drizzle with the infused olive oil if using, mix well.
- Spread nuts onto lined baking sheet.
- Bake for 8 minutes until nuts smell lightly toasted. Stir nuts well and bake for another 8 minutes.
- Let cool completely before serving.

Hands on Time: 10 minutes

Alternative spice mixes: try maple + cayenne, ginger + lime, rosemary + garlic.

Notes