

Spiced Almonds Recipe

Servings: 6

Ingredients:

- 3 cups raw nuts (almonds, pecans, walnuts, or a mixture of your choice)
- 1 egg white
- 1 tablespoon water
- 1 tablespoon maple syrup
- 3/4 teaspoon cinnamon powder
- 1/2 teaspoon ground cumin
- Salt and pepper, to taste

Instructions:

1. Preheat the Oven:

- Heat your oven to 325°F (162°C).
- Line a baking sheet with aluminum foil and lightly spray with oil.

2. Prepare the Coating:

- In a bowl, whisk the egg white and water until frothy.
- Add the maple syrup, cinnamon, cumin, salt, and pepper, and mix well.

3. Coat the Nuts:

- Pour the egg white mixture over the nuts and toss until all the nuts are evenly coated.

4. Bake the Nuts:

- Spread the coated nuts in a single layer on the prepared baking sheet.
- Bake for 12 minutes, then flip the nuts and cook for an additional 13 minutes, or until golden brown and fragrant.

5. Serve and Enjoy:

- Allow the spiced almonds to cool before serving. Store in an airtight container for up to a week.

Nutritional Breakdown (per serving, approx. 1/2 cup):

- **Calories:** 230 kcal
- **Protein:** 6 g
- **Carbohydrates:** 8 g
 - **Sugars:** 3 g
 - **Fiber:** 4 g
- **Fat:** 19 g
 - **Saturated Fat:** 1.5 g
- **Sodium:** 75 mg
- **Cholesterol:** 0 mg