



SPICY, CRUNCHY ROASTED NUTS

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 5 mins

Cook time: 20-25 mins

Makes: 4 cups

INGREDIENTS

- 2 cups mixed nuts
- 1 cup almonds
- 1 cup pecan halves
- 2 tbsp coconut oil, melted
- 1/4 cup rice malt syrup, melted
- 1 tsp vanilla extract
- 1 tsp pink rock salt



• **SPICE MIX**

- 1 tbsp ground cinnamon
- 1 tsp ground Turmeric
- 1/2 tsp ground cardamom
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1/4 tsp ground black pepper

METHOD

- Preheat oven to 180°C.
- Line an oven tray with baking paper.
- Combine spice mix ingredients in a bowl and mix well.
- Add nuts, and salt and mix.
- Heat coconut oil and rice malt syrup for 15 seconds in the microwave, add to nuts and stir well.
- Spread mix onto baking paper in a single layer, and roast for 20-25 minutes, stirring several times in between.
- Remove from oven and cool completely, store in an airtight container.