

Spiced Walnuts

6 ingredients · 10 minutes · 4 servings



Directions

1. Lay a large piece of wax paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Ingredients

2 tbsps	Raw Honey
2 tbsps	Extra Virgin Olive Oil
2 cups	Walnuts
1/2 tsp	Sea Salt
1 tsp	Cumin
1/8 tsp	Cayenne Pepper

Notes

Extra Spicy

Add extra cayenne pepper.

Cinnamon Toasted Pecans

3 ingredients · 15 minutes · 4 servings



Directions

1. Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
2. Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
3. Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!

Ingredients

1 cup	Pecans
1 tbsp	Maple Syrup
1 tsp	Cinnamon

Maple Roasted Almonds

3 ingredients · 10 minutes · 4 servings



Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Ingredients

1 cup	Almonds
1 tbsp	Maple Syrup
1 tsp	Cinnamon