

Spicy Roasted Nuts



<25 min



4-6 servings



Ingredients

- 3 cups mixed nuts (cashews, hazelnuts, brazil, pecans, almonds)
- 2-3 garlic cloves (crushed very fine or mashed with a spoon or mallet so that it is really juicy... don't lose the juice!)
- 1 Tbsp olive oil
- ½ tsp lime juice (or a few drops of lime essential oil)
- 1 tsp smoked paprika
- ½ tsp chilli pepper (optional)
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp salt
- ¼ tsp pepper

Preparation

Preheat the oven to 375°F. Mix the garlic, olive oil, and spices into a high-speed blender for 2-3 minutes.

Place the nuts in a large bowl and toss with olive oil mixture until well-coated.

Spread nuts evenly onto a baking sheet. Bake 15-20 minutes or until lightly browned and crispy.



This snack is addictive... in a good way! These are easy to make, crunchy, salty, and spice up any afternoon snack.

- Protein (nuts)
- Fiber (nuts, garlic)
- Vitamins & Minerals (nuts, garlic, spices)
- Healthy Fats (nuts, olive oil)
- Immune Boosts (garlic, cumin, coriander)