



From the Kitchen of Executive Chef Jessica VanRoo

Spiced and Candied Nuts

Makes 5 cups or 5 half-pint jars

33 calories per 1 tablespoon serving

Description

Nuts are a tasty, nutritious and convenient snack that can be enjoyed on all kinds of diets — from vegan to keto.

One ounce of mixed nuts contains 5 grams of protein, 3 grams of fiber, vitamin E, magnesium, phosphorus, copper, manganese and selenium.

Although they are high in fat, their fiber content helps you feel full and may reduce the number of calories you absorb from meals.

Eating nuts on a regular basis also has been linked to a reduced risk for diabetes and heart disease, as well as healthier cholesterol and triglyceride levels. In moderation, they're a valuable addition to a healthy, balanced diet.

Total cost: \$16.78/\$4.20 per cup

Ingredients

- 3 tablespoons butter or coconut oil
- ½ cup brown sugar substitute (monk fruit brown sugar, coconut brown sugar, etc.)
- 4 cups shelled, unsalted nuts (walnuts, pecans, almonds, cashews, etc.)
- ½ teaspoon fresh ground black pepper
- ¼-½ teaspoon cayenne pepper to taste
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- Salt and pepper to taste



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Instructions

These nuts can be roasted in the oven or on the stove.

Oven:

1. Preheat oven to 350 degrees, line a baking sheet with parchment or foil.
2. Combine butter or coconut oil with sugar of choice in a medium-sized pot, heat until sugar melts.
3. Toss nuts in butter mixture until thoroughly coated, add spices and toss again.
4. Spread nuts on baking sheet, place in oven for 10-15 minutes, stirring after 5 minutes.

Stove:

1. Combine butter or coconut oil, and sugar in a pot and cook over medium-high heat until sugar dissolves.
2. Toss nuts in mixture, then cook over medium-low heat until you smell the aroma of roasting nuts, about 15 minutes.
3. Remove from heat, stir in spices.
4. Spread nuts on a baking sheet lined with parchment or wax paper.
5. Allow to air dry, then divide among containers, cover and store.