



Rosemary Ginger Nuts



INGREDIENTS

- 1 ½ tbsp olive oil
- 1 ½ tbsp date syrup or honey
- 1 tbsp fresh rosemary leaves, minced
- 1 ½ tsp fresh ground ginger
- 1 cup of raw nuts, cashews, almonds, pecans, brazil nuts, etc.

STEPS

1. Preheat your oven to 350 degrees F and line a baking sheet with parchment paper or a silicon mat.
2. Combine the oil, syrup or honey, rosemary, and ginger in a small pan. Heat everything on the stove until you smell the rosemary and ginger, about 30 seconds.
3. Toss the oil mixture with the nuts, then spread them on the baking sheet and bake for 5 minutes. Stir, and bake for another 5- 7 minutes. Cool on the tray for 10 minutes, then serve.