

SWEET & SPICY NUTS



Time Required:
10 Minutes



Servings: 8

INGREDIENTS:

- 1 cup almonds
- 1/2 cup hazelnuts
- 1/2 cup walnuts
- 3 tbsp brown sugar
- Cinnamon
- Cayenne pepper
- Paprika
- Salt

Eat alone or mix into yogurt or oatmeal.

STEPS FOR COOKING:

1. Preheat the oven to 350 degrees.
2. Spread out all the nuts on a baking dish.
3. Sprinkle the sugar and spices on the nuts and mix together.
4. Bake for 5 minutes, mix, and bake for an additional 5 minutes.

Recipe Source: <https://www.rockrecipes.com/smoky-sweet-spiced-almonds/?print=print>

WIC Foods:

- Oats
- Milk (for oatmeal)
- Yogurt

Pantry Foods:

- Almonds
- Hazelnuts
- Walnuts

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