

# **ROASTED MIXED NUTS**

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## **INGREDIENTS**

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**2 cups almonds**

**1 tbsp cinnamon**

**1 cup walnuts**

**2-3 tbsp honey or coconut oil**

**1 cup pecans**

**1-2 tsp cayenne pepper -optional**

**\*Can use any combination of  
nuts**

## **PROCEDURE**

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**Preheat oven to 350 degrees.**

**Put nuts into a bowl and coat with cinnamon and cayenne pepper.**

**Slowly add the honey/coconut oil and mix until evenly coated.**

**Lightly grease a baking tray and bake for 30 minutes, until  
nuts are shiny.**

**Allow to cool for 20-30 minutes before removing from  
baking sheet.**