

tasty Recipe

Cayenne-Spice Roasted Nuts

Makes 5 cups

Try this spicy medley as a party snack or trail mix.

Feel free to substitute any type of nut.

INGREDIENTS

Spice Mix

2 tsp. sugar
1 ½ tsp. ground cumin
1 ½ tsp. sweet paprika
1 tsp. cayenne pepper
½ tsp. garlic powder

Roasted Nuts

2 cups raw cashews
2 cups dried banana chips
1 cup raw pecans
½ cup raw pumpkin seeds
½ cup raw sunflower seeds



INSTRUCTIONS

- Preheat oven to 300°F. To make Spice Mix: Combine all ingredients in small bowl. Set aside.
- To make Roasted Nuts: Combine all ingredients in large bowl. Add Spice Mix; stir until ingredients are well coated with spices and oil. Spread on 2 baking sheets. Bake 25 to 30 minutes, or until nuts begin to brown and appear dried, stirring occasionally. Season with salt, if desired, and cool on baking sheets. Store in airtight container.

