

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Katie's Favorite Spiced Nuts

Ingredients/Directions:

Coat:

1 pound of raw whole walnuts with 1 whole egg

Add and evenly coat with:

- 2 Tsp: cinnamon, ginger, cardamom
- 1 tsp: turmeric, curry, cumin
- 2 Tsp salt
- 1 packet organic stevia

Bake at 350 for 8 minutes (on convection); 350 for 11 with traditional stirring a few times.

Don't let them burn.

Cool completely before storing.