

CINNAMON VANILLA SPICED NUTS

(from The Nourishing Gourmet)

1 egg white

2 tsp cinnamon

1 tsp vanilla extract

3/4 tsp salt

1/3 c. sugar (sukanat, coconut sugar, maple sugar are all alternatives to refined sugar that work just fine here)

2 1/2 c. nuts (I used a mixture of pecans and walnuts)

Preheat the oven to 300°F. Lightly oil a baking sheet or cover with parchment paper.

Lightly beat the egg white with a whisk just until a bit foamy. Stir in the cinnamon, vanilla, salt and sugar. Add the nuts and stir to coat well.

Remove the nuts with a slotted spoon (allowing extra coating to drip out), and spread out in a single layer on prepared baking sheet. Bake for 25 minutes.

Remove and cool for 20 minutes. Can store in an airtight container for up to 2 weeks.