



Ashley's Meal Prep Monday!



Spiced Mixed Nuts

INGREDIENTS

1 pound mixed nuts (I used pecans, almonds, walnuts, cashews, brazil nuts, pistachios and pumpkin seeds)

1 cup granulated sugar (I used coconut sugar)

1-2 TSP cinnamon

1/4 TSP salt

2 egg whites

1 TBSP water

1 TSP vanilla

Optional: pumpkin pie spice, dash of nutmeg or cloves, even cayenne pepper if you want a kick!

Preheat oven to 300. In a medium bowl, mix together the sugar, spices and salt. In another bowl, whisk together the egg whites, vanilla, and water until foamy. Then add in the nuts and toss to coat completely.

Once well coated, sprinkle the sugar mixture on top and stir to combine. Pour nuts onto a parchment lined baking sheet in a single layer. Bake for a total of about 35 minutes, stirring every 10 minutes or so. Remove from oven and let cool completely.



These are great for snacking, topping a salad, packaged up and used as a gift, addition to a charcuterie board, endless possibilities!

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