



Ashley's Meal Prep Monday!

**Healthier* Honey Roasted Peanuts*



INGREDIENTS

2 cups raw and
unsalted peanuts
3 TBSP honey
2 TBSP vegan butter
or coconut oil
2 TBSP coconut
sugar
 $\frac{3}{4}$ to 2 TSP salt

Preheat oven to 320 and line a baking sheet with parchment paper. Heat butter or coconut oil with the honey together in the microwave or on the stove.

In a large mixing bowl, add peanuts, 1 TBSP of coconut sugar and part of the salt. Keep the remaining sugar and salt for later. Once hot, pour the honey/butter mixture onto peanuts and stir well.

Transfer the peanuts onto the baking sheet, spreading them in a single layer so they don't overlap. Bake in the oven for 20-25 minutes, stirring frequently.

After baking, place honey roasted peanuts in a bowl and mix with the remaining coconut sugar and salt to taste. Let cool for at least 5 minutes and enjoy!



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