

Spiced Nuts

PREP TIME

5 min

TOTAL TIME

25 min

Nutrition Information Per Serving

Makes 8 servings

FAT	PROTEIN	CARBS	CALORIES
19g	5g	5g	200

Ingredients

⅔ cup almonds

⅔ cup pecan

⅔ cup walnuts

1 tsp chili powder

½ tsp cumin

½ tsp black pepper

½ tsp salt

1 Tbsp olive oil

Instructions

1. Preheat oven to 325 degrees.
2. In a bowl, combine all ingredients. Stir until well coated.
3. Line a cookie sheet with parchment paper. Spread nuts evenly on the sheet and bake for 15-20 minutes or until golden brown.
4. Stir about halfway through baking time being sure to keep an eye during the last 5 minutes to ensure nuts do not burn.