September

Sweet and Fiery Roasted Nuts

SERVES 4 / SERVING SIZE 1/4 CUP

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

Directions

Preheat the oven to 350°F.

In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.

Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes.

Serve warm or at room temperature.

Tips:

To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5 to 7 minutes, or until golden brown.

Store the nuts in a covered container for up to 2 weeks.

If you like spicier foods, increase the cayenne to your taste preference.

Nutritional Facts

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>208</td>
<td>20.5 g</td>
<td>0 mg</td>
<td>2.0 g</td>
<td>0.0 g</td>
<td>7.5 g</td>
<td>10.0 g</td>
<td>3 mg</td>
<td>5 g</td>
<td>1 g</td>
<td>1 g</td>
<td>5 g</td>
</tr>
</tbody>
</table>

Dietary Exchanges: 1/2 other carbohydrate, 1 lean meat, 3 fat

©2023 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited.