



# SLEEP WELL

Do you feel drained of energy before you even leave the house? You're not alone. One in three adults don't get the recommended 7 to 9 hours of sleep each night — and that can take a toll on your body and mind.

Click the link below to try these snooze-worthy tips and tricks with your family and friends for four weeks.



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# 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

Calories	208	Cholesterol	0 mg
Total Fat	20.5 g	Sodium	3 mg
Saturated Fat	2.0 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	7.5 g	Sugars	1 g
Monounsaturated Fat	10.0 g	Protein	5 g

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