

Candied Spiced Nuts

Ingredients

12 oz.	Almonds, sliced or slivered or Pecans or walnuts, chopped
1/2 cup	Sugar
1/2 tsp	Cinnamon
1	Egg white
1 T	Water

Method

1. Mix sugar and cinnamon in a bowl.
2. Whisk egg white and water until frothy.
3. Stir nuts into egg white mixture.
4. Add sugar mixture to nuts and stir until evenly coated.
5. Spread onto a sprayed baking pan.
6. Bake at 325°. Check after 10 minutes.
7. Stir and continue baking until brown, another 5-10 minutes.
8. Loosen nuts from the pan and break apart.
9. Allow to cool completely and store in an airtight container.
10. Chop chunks into smaller pieces if desired.

Food Safety Reminders



Wash hands with soap and water before starting.
Wash anything that touches raw meat or eggs.
Gently scrub produce under running water.

Use separate cutting boards for meat and produce.
Wear gloves when handling ready to eat foods.
Follow proper cook-to and holding temperatures.

Notes

These nuts are fabulous on salads, desserts, and oatmeal.

Watch closely so they don't burn. When you start to smell toasted nuts, they are about done.