
MFit Sweet and Spicy Nuts

Servings: 24

3 tablespoons brown sugar
2 tablespoons maple syrup
1 teaspoon walnut oil, or other acceptable oil such as peanut, grape seed, or avocado
1 teaspoon kosher salt
1/4 teaspoon cayenne pepper, or to taste
1/2 teaspoon ground cumin
1/4 teaspoon ground allspice
3 cups almonds, or other favorite nuts such as pecans, walnuts, or cashews

Line a sheet pan with parchment paper, and preheat the oven to 350 F.

Combine all of the ingredients (except the nuts) in a large bowl, stir to mix well. Add the nuts and toss to coat. Distribute nuts evenly onto parchment-lined sheet pan and bake in preheated oven for 15 - 20 minutes, or until sugar melts all around the nuts. Stir and rotate pan once during baking. Allow to cool on the baking sheet, break up any nuts that are stuck together. Store nuts in airtight containers for up to a month.

Yield: 3 cups

Per Serving (excluding unknown items): 115 Calories; 9g Fat (69.4% calories from fat); 4g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 81mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.