

CAJUN-CREOLE-SPICED MIXED NUTS

“This mélange of nuts are coated in a zesty spice mixture. Add maple syrup for a touch of sweetness”.

INGREDIENTS:

- 1 cup raw shelled peanuts
- 1 cup raw pecans
- 1 cup raw walnuts
- 1 cup raw almonds
- 2 teaspoons onion powder
- 1 teaspoon paprika
- 2 teaspoons chili powder
- 1/4 teaspoon cayenne
- 1 tablespoon pure maple syrup
- 1 teaspoon fine sea salt
- 3 tablespoons extra-light olive oil



Directions:

- Preheat the oven to 350 degrees.
- Spread the nuts in an even layer on a parchment-lined baking sheet. Bake, stirring every 5 minutes to ensure even roasting, until starting to crisp and become fragrant, about 20 minutes
- While the nuts are roasting, combine the onion powder, garlic powder, paprika, chili powder, cayenne, maple syrup, and sea salt in a small bowl and mix well. Set aside.
- Place the olive oil in a large mixing bowl. Transfer the roasted nuts to the bowl and stir well to coat. Transfer the nuts back to the baking sheet and roast for 5 more minutes.
- Remove from the oven and let cool for 15 minutes before eating.
- Store in an airtight container in the refrigerator.