

Spiced Walnuts

Makes 1/2 pound

1 egg white
1/3 c. sugar
1/2 t. ground cinnamon
1/2 t. fine sea salt
1/4 t. freshly grated nutmeg
pinch of cayenne (optional)
1/2 lb. walnuts (or your favorite nut)

In a mixing bowl, combine egg white, sugar, cinnamon, salt and nutmeg and mix well. Add nuts and toss until completely coated. Spread evenly onto a parchment-lined baking sheet and bake in a 325°F oven until coating is very dry (about 20 min.). Cool completely and store in an airtight container for up to two weeks.

Nutrition (per serving for 16 servings): 110 calories; 70% calories from fat; 9.3g total fat; 0.0mg cholesterol; 62.5mg sodium; 66.4mg potassium; 6.2g carbohydrates; 1.0g fiber; 4.6g sugar; 5.2g net carbs; 2.4g protein.