

Food Babe's Roasted Pumpkin Spiced Nuts



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	1 hr	1 hr, 5 mins	20

<https://foodbabe.com/roasted-pumpkin-spice-nuts>

Ingredients:

- 1 egg white
- 1 teaspoon sea salt
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon cayenne pepper
- ¼ cup coconut sugar
- 3 cups unsalted mixed nuts

Instructions:

1. Preheat oven to 250° F.
2. Place egg white into a large bowl and whip with a fork until frothy.
3. Stir in sea salt, spices and sugar.
4. Combine mixture with 3 cups nuts and coat them evenly.
5. Place nuts in a single layer on top of a parchment paper lined large baking pan.
6. Bake for 1 hour.
7. Let nuts cool for at least 10 mins before serving (they will get crispy).
8. Store in an airtight container for up to 2 weeks.

Notes:

- Recipe substitutions: If you are vegan you can omit the egg white and use maple syrup instead of coconut palm and add 1 tablespoon coconut oil. If you are allergic to nuts, you can use all seeds like pumpkin seeds and sunflower seeds.
- Please use all organic ingredients if possible