

Candied Nuts

SCD snack/treat



Ingredients:

1	Pound raw tree nuts (almonds, walnuts, pecans)
2	Egg whites
½ cup	Honey
¼ cup	Butter, melted
1/8 tsp	Sea salt
½ tsp	Cinnamon

Directions:

- 1.) Toast nuts on a baking pan at 300 degrees for 10 minutes.
Remove and allow to cool.
- 2.) Beat egg whites till soft peaks form.
- 3.) Add salt and cinnamon then drizzle in honey while continuing to beat egg whites.
- 4.) Fold nuts into egg white mixture.
- 5.) Coat the egg white/ nut mixture with butter.
- 6.) Place back on baking pan and bake for 30 -40 minutes,
stirring every 10 minutes to incorporate the butter into the nuts.

Let cool for 10 minutes than place into a bowl. Stir occasionally to keep separated.

Notes / Suggestions:

- 1.) Store in a sealed container in the refrigerator.