CHAI SPICED NUTS

Tags: Fall, Kapha, Spring, Winter

Prep Time: 10 Min

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Cook Time: 35-45 Min
Serves: 4-6
Directions:

1. Preheat oven to 250F.
2. Make your flaxseed egg wash.
3. Add sea salt, spices, and maple syrup to your flaxseed wash.
4. Combine the mixture with the 3 cups of nuts/seeds and coat them evenly.
5. Place nuts in a single layer on a cookie sheet.
6. Bake for 35-45 minutes.
7. Using a spatula gently scrape the nuts from the cooking sheet before they cool to prevent them from sticking.
8. Once cooled put them into an airtight container.

Ingredients:
Vegan flaxseed egg wash below*
1 tsp sea salt
1 tsp of each ground: cinnamon, nutmeg, cardamom, cloves, and ginger
1/4 cup maple syrup
3 cups unsalted, raw nuts and/or seeds (pumpkin, sunflower, almonds, cashews, walnuts, pecans)

***Vegan Flax Seed Egg Wash Ingredients**

2 TBSP flaxseed meal (you can place flax seeds in a coffee or spice grinder to make the meal)
2 1/2 TBSP of water
Directions: Mix water and meal into the bowl and continue to follow the recipe

These make a great treat and snack and are very simple to make! This is a great homemade gift and it is also wonderful to serve to guests at holiday parties!

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