

# Spiced Nuts



**Servings: 6**

**Yield: 2 cups**

*1/2 teaspoon ground cumin*

*1/2 teaspoon paprika*

*1/2 teaspoon curry powder*

*1/2 teaspoon salt*

*1/4 teaspoon garlic powder*

*1/4 teaspoon cayenne pepper,  
optional*

*1/4 teaspoon turmeric*

*1/4 teaspoon ground ginger*

*1/4 teaspoon ground cinnamon*

*2 tablespoons olive oil*

*2 cups mixed nuts*

In a bowl combine ground cumin, paprika, curry powder, salt, garlic powder, cayenne pepper, turmeric, ground ginger, ground cinnamon, and olive oil to make a spice paste.

Add in the mixed nuts and toss to coat.

Line a baking tray with parchment paper and spread the nuts out into a single layer.

Bake in a 325°F oven for 12-15 minutes stirring halfway through.

Let cool on the baking tray for 1 hour.

Store in an air tight container.

Enjoy!

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Per Serving (excluding unknown items): 308 Calories; 28g Fat (76.7% calories from fat); 9g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 195mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 43mg Calcium; 2mg Iron; 297mg Potassium; 195mg Phosphorus. Exchanges: .