

Roasted Nuts Brittle (originally part of Sweet and Salty Thai Crunch Salad)

- 1/2 cup peanuts
- 1/2 cup almonds
- 3 tbsp honey
- 1 tbsp avocado oil
- 1/2 tsp salt
- 1/4 cup sesame seeds

Preheat oven to 350F

Prepare baking sheet with parchment paper

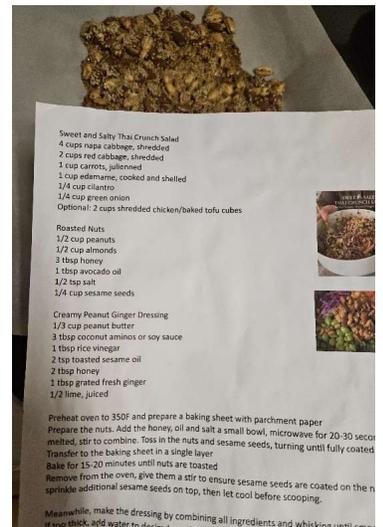
Add honey, oil and salt to bowl and microwave 20-30 sec until melted

Toss in nuts and sesame seeds, turning until fully coated

Transfer to baking sheet in single layer

Bake 15-20 minutes until nuts are toasted

Let cool before breaking and storing



The way I made it - Doubled recipe

- 1 cup Peanuts
- 1 cup Almonds
- 1/2 cup Sesame Seeds
- 6 Tbsp Sugar Free Honey
- 1 Tbsp Avocado Oil
- 1 tsp Pink Himalayan Salt

My oven – took 15 minutes

Portion 1/2 cup each - Makes about 5-6 zip lock bags

