



CANNOT RESIST CANDIED NUT MIX

INGREDIENTS:

2 1/4 cups of blended nuts I used walnuts, cashews and pecans as that is what I had on hand
2 Tablespoons of unsalted organic butter
2 Tablespoons of Honey, local and organic and raw if you can
1 teaspoon of salt
1/2 teaspoon smoked paprika
1/2 teaspoon chipotle chili powder
1/2 teaspoon cinnamon
1/2 teaspoon cumin
1/2 Tablespoon EACH: Chia Seeds, Flax Seeds, and Sesame Seeds

DIRECTIONS:

Combine the butter, honey, salt, paprika, chili powder, cinnamon, and cumin in a heavy bottom saute pan. Heat over medium heat until the butter is melted and your mixture is well combined. Add in the nuts, and stir and coat for about 5 - 6 minutes until the nuts are fragrant. Remove from the pan and place on a piece of parchment paper to cool.

Then enjoy.