

Spiced Toasted Almonds

Yield: 8 servings

Ingredients

2 cups almonds, whole
1 teaspoon olive oil
½ teaspoon maple syrup
¼ teaspoon kosher salt
1 teaspoon cinnamon
¼ teaspoon ginger, ground

Instructions

1. Preheat the oven to 350 F.
2. Toss the almonds with the olive oil, maple syrup, salt, cinnamon, and ginger until evenly coated, then spread evenly on a sheet pan.
3. Bake for 7 to 10 minutes, until aromatic and slightly browned.
4. Remove from oven and let cool.

Nutrition Information

Serving Size: ¼ cup
Calories: 105
Total Fat: 9.1 g
Saturated Fat: 0.7 g
Monounsaturated Fat: 5.7 g
Protein: 4.0 g
Total Carbohydrate: 4.0 g
Dietary Fiber: 2.0 g
Sodium: 40 mg

Source: Cancer-Fighting Kitchen.
Rebecca Katz



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