

Spice



Roasted Nuts

These warm spiced nuts make for a flavorful snack or treat at any time of the day.

1) Use any combination of nuts you like, although almonds, pecans, macadamia nuts, and Brazil nuts are our favorites.

2) Toss the nuts with a tablespoon of coconut oil and an assortment of spices, such as cinnamon, allspice, nutmeg, and ground ginger.

3) Spread the nuts on a lined baking sheet and bake in a 350-degree oven for 15 minutes, stirring halfway through.

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