

 **trade aid**



Cinnamon Roasted Almonds

You wouldn't believe how quickly a batch of these almonds disappears!

Ingredients:

4 cups	Almonds*	2 ½ tsp	Cinnamon (ground)*
½ cup	Cane sugar*	¾ tsp	Salt (fine)
½ cup	Muscovado sugar*	2 tsp	Water
1	Egg white	2 tsp	Vanilla extract

Method:

1. Preheat oven to 120 degrees C.
2. Line a baking tray.
3. Lightly beat the egg white. Add water and vanilla then beat again until frothy but not stiff.
4. Add almonds to the egg mix and stir until well coated.
5. Combine dry ingredients in a separate bowl and mix well. Sprinkle over the nuts and toss to coat.
6. Spread coated nuts evenly on prepared baking tray.
7. Bake for 1 hour in the preheated oven, stirring occasionally, until golden.
8. Allow to cool. Store in an airtight container for up to a week.

Tip:

Try other flavour combinations by replacing the cinnamon with other spices like ginger, cardamom or cloves. You can also make a savoury version by using spices such as chilli, cumin, salt or black pepper. Just omit the sugar and replace the egg white with 2 tbs of good quality olive oil if you're making a savoury version.

***Find this ingredient at your local Trade Aid store or stockist.**

See www.tradeaid.org.nz for more recipes