

Chilli-Spiced Almonds

Makes 4 cups (Serving Size 2 tablespoons)

Ingredients

- 1 tablespoon Water
- 1 large egg white
- 500g raw, unblanched almonds
- 3 teaspoons of Xylitol
- ½ teaspoon salt
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon chilli powder



Directions

1. Preheat oven to 300F.
2. Combine 1 tablespoon water and the egg white in a large bowl; stir with a whisk until foamy. Add almonds toss well to coat. Place almonds in a colander and drain for 5 minutes.
3. Combine almonds, Xylitol and rest of the ingredients in a large bowl; toss to coat. Spread almond mixture in a single layer on a baking tray. Bake at 300F for 15 minutes. Stir almond mixture; reduce oven temperature to 275F. Bake for an additional 40 minutes, stirring every 10 minutes. Remove from oven; cool for 5 minutes. Break apart any clusters and let cool completely.

Nutritional Facts per serving

- 94 Kcals
- 3.1g Protein
- 2g Carbs
- 7.2g Fat