

Tasty Spiced Walnuts

6 ingredients · 10 minutes · 2 servings



Directions

1. Lay a large piece of parchment paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of parchment paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Ingredients

| | |
|-----------------|------------------------|
| 1 tbsp | Raw Honey |
| 1 tbsp | Extra Virgin Olive Oil |
| 1 cup | Walnuts |
| 1/4 tsp | Sea Salt |
| 1/2 tsp | Cumin |
| 1/16 tsp | Cayenne Pepper |

Notes

Extra Spicy

Add extra cayenne pepper.