

# Cumin Spiced Mixed Nuts

Adapted from Cook Eat Paleo

I have chosen walnuts and pecans because they hold the spices in their nooks and crannies and almonds for their good protein. Any nuts will work.

1 Tb melted coconut oil

1 Tb local honey

1 tsp smoked paprika

1 tsp cumin

¼ - ½ tsp cayenne pepper, depending on how hot you like it

1 tsp Celtic sea salt

1/2 cup walnuts

1/2 cup pecans

1/2 cup almonds

- Preheat oven to 300 degrees.
- Combine coconut oil, honey, smoked paprika, cumin, cayenne and salt in a large bowl and stir until well mixed. Add nuts and toss until well combined.
- Pour onto rimmed baking sheet lined with parchment paper and bake 15 - 20 minutes until fragrant and just lightly browned.
- Store in a glass jar in the refrigerator.