

Spiced Almonds (or any other nut)

The use of egg whites might seem strange, but it is the key to ensuring all of the spices adhere to the almonds.



- 5 Cups of Whole Almonds, (or any other nuts you like)
- 1-1/2 teaspoons EACH of garlic powder, onion powder and ground cumin
- 2 teaspoons of chili powder
- 4 teaspoons salt
- 1 teaspoon cayenne (or more to taste)
- 1 Tablespoon sugar
- 2 Tablespoons Worcestershire Sauce
- 1/4 teaspoon Liquid Smoke
- 2 Egg Whites (or 1/4 cup Egg Beaters Whites Only)

Preheat oven to 300 degrees. Spray a large baking sheet with cooking spray. Or line with parchment. Whisk everything except the nuts together in a large bowl until well combined. Then toss together with the nuts until evenly coated.

Spread the nuts in a single layer on the baking sheet and bake for 35 to 40 minutes, stirring every 10 to 15 minutes and breaking up any that have stuck together. Continue until golden brown. They won't be crunchy while warm, and they may still be slightly damp. Just cool completely on the tray and they'll dry and crisp up. Store in an airtight container, (like a ziplock bag). These freeze beautifully, and will keep at room temperature for several weeks!