

ROASTED SMOKEHOUSE HONEY ALMONDS

A delicious smokey, sweet treat to top any salad, app, or a yummy snack to get a dose of *healthy* fats!

SERVINGS	SERVING SIZE	TIME TO MAKE
6	¼ cup or 17 Almonds	10 MINUTES

INGREDIENTS

- 9 ounces or 1 ½ cups Almonds, smokehouse (optional, you can use plain almonds too)
- 1 Tablespoon Honey
- 1 teaspoon Black Pepper

DIRECTIONS

1. Preheat oven to 400 degree F
2. Place nuts in a single layer on a baking sheet
3. Drizzle honey and sprinkle the black pepper of the nuts
4. Place baking sheet into oven and roast for about 4 minutes, you'll just start to notice the smell
5. Remove from oven and let cool for about 5 minutes. The honey should still be malleable and you can place in a bowl or jar for storage
6. Nuts can be stored with lid for about 2-4 weeks
7. Enjoy!

Nutritional Information per serving: 266 Calories, 24 grams Fat, 2 gram Saturated Fat, 0 mg Cholesterol, 225 mg Sodium, 10 grams Total Carbohydrates, 5 gram Fiber, 2 grams Sugar, 9 grams Protein, 0% Vitamin A, 0% Vitamin C, 9% Calcium, 8% Iron