



Herb-Roasted Nuts with Ginger, Sage and Maple

RECIPE CUSTOMIZATION

To make it FODMAP friendly, replace the pistachios and cashews with macadamia and peanut

YIELD: 16 SERVINGS

Gluten-free

Dairy-free

INGREDIENTS

- 2 Tbsp avocado oil
- 2 tsp chili powder
- 1 tsp dry rosemary, crumbled with your fingers
- 1 tsp dry sage, crumbled with your fingers
- 1 tsp ground ginger
- 1 Tbsp maple syrup
- 1 tsp salt
- 1 cup almonds
- 1 cup pistachios
- 1 cup cashews
- 1 cup pecans
- ½ lime

DIRECTIONS

1. Preheat oven to 325.
2. Place the avocado oil, chili powder, rosemary, sage, ginger, maple syrup and salt in a medium mixing bowl and stir to combine.
3. Add the nuts to the bowl and stir to coat evenly.
4. Lay out the seasoned nuts on a baking sheet and roast in the oven for about 8-10 minutes or until very aromatic and slightly browned.
5. Remove from the oven and squeeze the lime over the nuts. Stir to distribute the lime juice and set aside to cool.

Chef tip: Gently toss your nuts, half way through and after roasting, for maximum adherence of the herbs and spices.



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NUTRITION FACTS

Serving size 1 (1 oz)

Amount Per Serving 29g

Calories 159

% Daily Value

Total Fat 13.9g 21%

Saturated Fat 1.8g 9%

Cholesterol 0mg 0%

Sodium 156mg 7%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 2g

Protein 4g 8%

Vitamin A 3%

Vitamin C 2%

Calcium 2%

Iron 7%

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