

Spiced Nuts & Seeds

Ingredients:

2 cups of almonds, walnuts, pumpkin seeds, sunflower seeds or whatever nuts and seeds that you prefer

½ cup Brown Rice Syrup

1 Tbsp. Safflower Oil

¾ Tsp. cinnamon

¼ Tsp. allspice

½ Tsp. ginger

Rinse and drain the seeds and lightly roast all the nuts and seeds in a skillet.

Pre-heat the oven to 350 degrees. Heat the brown rice syrup and the other ingredients and pour over the nuts and seeds in the skillet and mix it thoroughly.

Line a cookie sheet with parchment paper and spread the nut mixture on the parchment paper or on an oiled cookie sheet. Bake until the syrup bubbles. Cool and then separate into clusters.