



Tamari-Roasted Nuts

These nuts make a crunchy addition to salads and grains or just to snack on. Try them on oatmeal for a change of pace.

1 pound (2 ½ Cups) dry roasted or raw nuts (A mixture of Almonds, Walnuts and/or pumpkin seeds work well)
1-2 Tablespoons reduced sodium soy sauce
1 teaspoon garlic powder (or more to taste)
Pinch of cayenne (optional but adds a nice kick)

1. Preheat oven to 300 degrees.
2. Place nuts & seeds on cookie sheet. Toast in oven until they begin to turn golden and give off a nutty aroma (10-12 minutes). Mix reduced sodium soy sauce and spices together in large bowl with toasted nuts and toss until well covered.
3. Return to oven to dry out (2-3 minutes).
4. Cool. When cooled, place 1/3rd cup serving sizes in individual snack bags for a handy snack.

Recipe adapted from Feeding Your Family With Whole Foods by Cynthia Lair

Nutritional Information per 1/3 cup serving:

Calories: 259	Protein: 9.6g
Total Fat: 22.5g	Carbohydrate: 9.2g
Saturated Fat: 1.7g	Sodium: 75.5g