



# Honey Spiced Roasted Nuts

EASY • 30 MINS

A naturally sweet snack, perfect for gifting! These honey roasted nuts make a tasty topping for your granola, smoothie bowls, and ice-cream, but also stand on their own as a grab-and-go snack.



SKILL LEVEL  
Easy

PREP TIME  
10 mins

COOKING TIME  
15-20 mins

## Ingredients

- 3 tbs [Capilano Honey](#)
- 500g Mixed nuts and seeds (we used macadamias, cashews, almonds, pistachios and

## Method

1. Preheat the oven to 180°C (fan-forced) and line a roasting tray with baking paper.
2. Melt the butter and honey on medium heat in a pan. Add the spices and mix thoroughly

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chia seeds)

- 15g Butter
- 1 tsp Cinnamon
- 1 tsp Ground Ginger
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Nutmeg
- 50g Brown sugar

### *Method*

3. Add the nuts and seeds, stirring through until coated in the honey mixture
4. Spread the mixture evenly on on a roasting tray, and cook for 15-20 minutes in the oven, stirring every 5 minutes.
5. Allow to cool and enjoy!

Used in this recipe

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