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	PREP TIME	COOKING TIME
Easy	10 mins	15-20 mins

Ingredients

- 3 tbs Capilano Pure 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

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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