

Easy Honey Mixed Nuts

Having some honey roasted nuts in my pantry is a staple as they can be used for so many things. Mixed with some dried fruits you have a great afternoon snack for the kids or yourself.



A quick blitz and you have a wonderful nut crumb to top a dessert or some ice cream or seasonal baked fruits.

They are also great served with your favourite cheeses with extra Manawa honey on the side.

Ingredients

1 cup raw unsalted almonds

1 cup raw pumpkin seeds

1 cup raw unsalted walnuts

1 cup raw unsalted peanuts

2 tablespoons Manawa Honey

1 tablespoon vegetable oil or melted butter

1 teaspoons ground cardamon

1/2 teaspoon ground cinnamon

1/4 teaspoon kosher salt

Method

Preheat the oven to 160°C and line a rimmed baking sheet with baking paper.

In a medium bowl, combine nuts with honey, oil and spices, tossing to coat.

Spread nuts out in an even layer on the prepared baking sheet and roast for 20 minutes, stirring halfway through cooking time.

Remove and let cool 10 minutes prior to eating.

Store in an airtight container for up to 2 weeks in the pantry.