



FINCH + FENNEL

Holiday Nuts

INGREDIENTS:

- 1 c Granulated Sugar
- ¾ tsp Cayenne Pepper
- ¾ tsp ground Cumin
- 1 Tbsp ground Cinnamon
- 1 tsp ground Ginger
- 3 Tbsp ground F+F Whole Nutmeg Spice
- 1 tsp Salt
- 4 Egg Whites
- 1 Tbsp Water
- ½ c F+F Small Batch Vermont Maple Syrup
- 6 c Raw, Unsalted Nuts (walnuts, pecans, almonds, cashews, macadamias, pistachios)
- 4 Tbsp Rosemary, chopped



DIRECTIONS:

1. Preheat oven to 350°F. Line a sheet pan with parchment paper & set aside.
2. In a medium mixing bowl, combine the sugar, cayenne, cumin, cinnamon, ginger, ground F+F Whole Nutmeg Spice & salt until well blended.
3. In a large bowl, whisk the egg whites & water together until very frothy & foamy. Whisk in F+F Small Batch Vermont Maple Syrup.
4. Add the nuts & toss with a large rubber spatula to coat completely with egg mixture. The egg should coat the nuts, without having extra egg white at the bottom of the bowl. If there's additional egg white mixture pooling in the bowl after coating the nuts, add another ½ to 1 cup of nuts & toss again until well coated.
5. Add spice blend & rosemary, and toss to coat nuts completely. All the spice mixture should adhere to the nuts, without having leftover spice in the bottom of the bowl. Continue to toss until all of the spice mix coats the nuts.
6. Spread nuts in a single layer on lined sheet pan. Bake for 10 minutes, then stir or flip the nuts. Rearrange them into a single layer & bake an additional 10 minutes, until nuts are toasted, fragrant & crisp. Cool on the sheet pan. Nuts will get crisper as they cool.
7. Store in an airtight container, once cooled.

Enjoy!

