



# SWEET AND SALTY NUTS

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*1 cup raw cashews  
1 tablespoon maple syrup  
1 teaspoon garlic powder  
1 teaspoon smoked paprika*

*Preheat oven to 180C. Line a baking tray with baking paper.*

*In a bowl mix marinad ingredients together, mix in the cashew nuts. Spread the nuts onto the lined tray, leaving the excess juice behind.*

*Roast in oven for 5-10 minutes until lightly roasted, stiring every few minutes. Cool on tray until crispy.*

*Other variations:*

*Other nuts such as macadamias, almonds, walnuts.*

*Other spices - curry, mexican mix, cumin, cinnamon etc*