



## **CURRIED NUT MIX**

# CURRIED NUT MIX



Makes: 14 oz.  
(400g)  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
106 kcal  
10g Fats  
4g Carbs  
3g Protein



## WHAT YOU NEED

- 1 cup of each cashews (150g), almonds(140g), pecans (100g)
- 4 tbsp. coconut oil
- 4 tbsp. curry powder
- ½ tsp salt
- 1 tsp. cumin
- cayenne pepper, to taste

## WHAT YOU NEED TO DO

*Preheat oven to 300°F (150°C). Line a baking tray with baking paper.*

*In a small saucepan, melt the oil, and add the curry powder, salt, cumin and cayenne powder.*

*Pour this mixture over nuts and stir well to coat. Spread the nuts out on the lined baking sheet and bake for 25 to 30 minutes until golden brown.*










*Let it cool and store in an airtight container.*

*This recipe makes around 14 oz. (400g) and the nutrition value is approximate for ½ oz. (15g).*



## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts
-  Use these ingredients sparingly during your weight loss phase