

Honey Roasted Cinnamon Almonds

Nutrition Facts:	
Yield	4
Calories	220
Fat	1.25 g
Sodium	0.5 mg

Code
\$, Q, V, DF, GF



Ingredients Needed:

1 cup almonds
4 Tbsp. water
1 Tbsp. honey
1/2 tsp. cinnamon
Sprinkle with salt

Recipe Directions:

- Preheat oven to 350 degrees.
- Spread almonds in a single layer on a cookie sheet and bake for 10-15 minutes.
- Heat the water, cinnamon, and honey in a saucepan on the stove, stirring to mix well; once honey/water mixture is about to simmer, add almonds directly to saucepan.
- Cook over the stove top continuing to stir so the almonds are evenly coated; continue to heat until the mixture resembles a thick syrup (about 5 minutes).
- Pour almonds back on the cookie sheet and in a single layer to cool; sprinkle with salt and enjoy!