

Honey-Roasted Nuts and Fruit

Nutrition Facts:	
Yield	8 servings
Calories	194
Fat	9.4 g
Sodium	82 mg

Code
\$ V GF DF RH



Ingredients Needed:

Cooking spray
1 teaspoon butter
1/4 cup honey
1/4 cup slivered almonds
1/4 cup chopped hazelnuts
1/4 cup chopped pecans
1/4 cup sunflower seed kernels
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 teaspoon ground cardamom
Dash of ground cloves
1 cup raisins

Recipe Directions:

- Line a baking sheet with parchment paper or foil; coat with cooking spray.
- Heat butter in a large nonstick skillet over medium-high heat.
- Stir in honey; cook 2 minutes or until mixture bubbles around edges of pan.
- Add almonds and next 7 ingredients; cook over medium heat 8 minutes or until nuts are golden, stirring frequently.
- Stir in raisins. Immediately spread onto prepared baking sheet; cool completely.