

# CINNAMON ROASTED ALMONDS

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat,  
Lower Sodium, Vegetarian*

Serves: 1 ounce

## **Nutrition (per serving)**

Calories: 160	Total Carbohydrate: 9
Total Fat: 12 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Protein: 5.5 g
Sodium: 28 mg	

## **Ingredients**

1 egg white  
1 tsp cold water  
4 cups whole almonds  
½ cup sugar  
¼ tsp salt  
½ tsp ground cinnamon

## Directions

1. Preheat oven to 250 degrees F. Lightly grease a 10 x 15 inch jellyroll pan or cookie sheet.
2. Lightly beat the egg white; add water, and beat until frothy but not stiff. Add the nuts, and stir until well coated.
3. Mix the sugar, salt, and cinnamon, and sprinkle over the nuts. Toss to coat, and spread evenly on the prepared pan.
4. Bake for 1 hour in the preheated oven, stirring occasionally until golden. Allow to cool, then store in airtight containers.