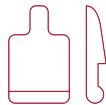




# Slow Roasted Miso Spiced Nuts



DIFFICULTY: EASY



PREPARATION TIME: 10  
MINS



COOKING TIME: 3 1/2  
HOURS



SERVES: 4-5 CUPS

## Ingredients

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250g natural cashews

250g macadamias

200g natural almonds

75g pepitas

75g sunflower kernels

2 tsps cumin seeds

2 tsps chilli flakes... or more if you like it  
really spicy

1/3 cup white miso paste

1/3 cup maple syrup

2 tbsps sesame oil

## Notes

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## Method

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Preheat the oven on Slow cooking/Low temperature cooking function 100°C.

Combine the nuts, seeds and spices in a medium bowl.

Whisk together the remaining ingredients until smooth, add to the nuts and mix until well coated. Spread the nuts on a lined universal tray. Gently roast the nuts, stirring occasionally for 3 1/2 hours. Allow to cool on the tray then store in airtight containers.