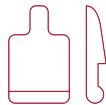




Slow Roasted Miso Spiced Nuts



DIFFICULTY: EASY



PREPARATION TIME: 10
MINS



COOKING TIME: 3 1/2
HOURS



SERVES: 4-5 CUPS

Ingredients

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

Method

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.