

Sugar & Spice Nuts

The nuts must be kept in a cool place to harden and dry.

1/2 cup sugar
1/2 teaspoon each
cinnamon, nutmeg
and cloves

1/4 teaspoon salt
8 ounces mixed
nuts
1 large egg white

1. Preheat the oven to 350°F. Combine the sugar, spices and salt in a bowl; reserve.
2. In a separate bowl, toss the nuts with the egg white to coat; then toss with the sugar-and-spice mixture.
3. Spread the nuts in a single layer on a baking sheet, separating them as much as possible; bake for 15 minutes. Remove from the oven. Use a metal spatula to break the nuts apart, then return to the oven for 5 minutes to dry them thoroughly. Remove from the oven and shake the pan to break up the nuts. Let them sit at room temperature for 1 hour to cool completely and harden.

Makes 2 1/4 cups. Per 1/4 cup serving: 200 calories, 18g carbohydrate, 5g protein, 13g fat, no cholesterol.