

Sticky-Sweet Holiday Nuts

Makes about 2 cups

Ingredients

- 2 to 2 and ½ cups of mixed unsalted, unroasted nuts and seeds (I used a mixture of walnuts, pecans, almonds, and pepitas)
- 1 tbsp. chia seeds
- 3 tbsp. water
- ¼ cup granulated sugar
- ¼ tsp. ground cardamom
- 1 tsp. ground cinnamon
- ½ tsp. salt
- ¼ tsp. ground nutmeg
- 1/8 tsp. ground cloves
- 1 tsp. vanilla extract



Directions

- 1) Preheat the oven to 325 degrees. Line a baking sheet with parchment paper or a silpat.
- 2) In a small bowl, whisk together the chia seeds and water. Set aside. (As the mixture sits, it will become gelatinous and thick. This is called a chia “egg” and it acts as the glue that sticks the sugar and spices to the nuts)
- 3) In a medium bowl, mix together the nuts, chia “egg”, and remaining ingredients until well combined. Pour onto the prepared baking sheet and bake for 35 minutes, stirring halfway through, until the nuts are lightly browned and fragrant.
- 4) Set aside to cool for at least 10 minutes before eating. The nuts harden a little bit as they cool, forming yummy clusters!