

## **COCKTAIL SPICED NUTS**

*(adapted from several sources)*

3 cups nuts of your choice (I used walnuts, cashews, and almonds)  
1 Tablespoon water  
1 egg white  
1 teaspoon salt  
1/4 cup sugar  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1 teaspoon hot curry

Heat oven to 250 F. Lightly coat a baking sheet with oil spray.

Combine all spices in a small bowl. Reserve.

In a large bowl, whisk egg white with water until frothy, season with the teaspoon of salt and mix well. Add the nuts to the bowl, and combine everything well, mixing gently but thoroughly. Try to coat the nuts evenly with the egg white.

Add the sugary and spice mixture. Spread over the prepared baking sheet and bake for about 45 to 60 minutes, moving it around every 15 minutes or so, until fragrant and starting to get golden brown.

Remove from oven, let it cool completely, and break the pieces to serve. I like to transfer it to another baking sheet covered with paper towels so that it cools a bit faster and any excess fat is absorbed by the paper.