

Everything spiced Cashews

Ingredients

2 cups whole, raw cashews

¼ cup maple syrup

2 TBSP “Everything but the Bagel” spice*

⅛ - 1/2 tsp salt to taste (I like them salty, so I go ½ tsp)

Instructions

1. Preheat the oven to 375°F and line a baking sheet with parchment paper. Set aside.
 2. Place raw cashews in a bowl and toss well with the maple syrup. Then sprinkle on the seasoning of choice and gently toss again. Season with salt. Spread evenly on parchment paper.
 3. Roast at 375°F for about 10 minutes, stopping to toss at 4 and 7 minutes.
 4. Once your cashews are golden brown, remove them from the oven and let them sit for at least 10 minutes. During this time they will become crunchy.
 5. Once the cashews have cooled completely, they can be stored in an airtight container for up to 1 week.....if they aren't gobbled up by then!
- Trader Joe's sells this spice blend. If you don't have it, simply combine sesame seeds, dried minced garlic, dried minced onion, poppy seeds and sea salt flakes. Or just use a seasoning that calls to you!

The story behind this recipe. My husband and I always seem to find some new snack on our trips. When we were in the St. Lawrence Market in Toronto, we found these delicious cashews and we had to replicate them at home. They disappeared in less than a day. Enjoy!