

DIY BBQ SPICED NUTS

TASTE TEST

Bursting with flavour, BBQ Spiced Nuts Seasoning is just what you need for easy entertaining (think award shows, Bachelor nights, and the Super Bowl), or topping up a meal with extra protein. Our recipe doesn't contain hydrogenated oils like most store-bought versions, and are a perfect addition to salads, nourish bowls, or to munch on. Plus a balanced portion of nuts is good for your heart.

TASTE
TEST

EXCLUSIVE—NOT IN THE CATALOGUE

PRICE: \$10 (Pack of three)



SPICE BLEND IS
NUT-FREE

BBQ SPICED NUTS

PREP TIME: 5 min

MAKES: 16 servings

COOK TIME: 25 min

COST PER SERVING: \$1.75

1 package **BBQ Spiced Seasoning for Nuts**

1 egg white

4 cups mixed raw nuts

Tip: Make it egg or nut free! Combine 2 tbsp oil, seasoning and 2 -398 ml cans chickpeas (drained, rinsed). Bake for 35 min at 400° F.

1. Preheat oven to 300° F.
2. Whisk 1 egg white until foamy.
3. Stir in 4 cups mixed raw nuts until coated.
4. Add seasoning and stir to combine.
5. Spread in a single layer on a lined **Sheet Pan**.
6. Bake for 25–30 min. Remove from oven, let cool completely, then break apart. Store in an airtight container.

Per serving: 220 Calories, Fat 18 g (Saturated 2.5 g), Cholesterol 0 mg, Sodium 190 mg, Carbohydrate 9 g (Fibre 3 g, Sugar 3 g), Protein 6 g.

REMINDERS:

- Compensable.
- No exceptions made to requirements and dates.
- Substitutions are not available for items in this collection.
- Available while quantities last.
- All orders must be submitted between February 1–15, 2019, by 11:59 PM (PT).

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