

RECIPE



Vanilla Roasted Walnuts

Ingredients

2 cups walnuts

1 tablespoon olive oil

2 tablespoons agave nectar or honey

1/4 teaspoon Celtic sea salt

1-2 vanilla beans or 3/4 teaspoon vanilla bean extract

Dash cinnamon, ground

Place walnuts in a foil lined baking sheet. Cook nuts at 350° until lightly toasted. Drizzle agave over the toasted nuts, add the salt and mix. Cook for another minute or two, then add the beans out of the vanilla pod or the extract and stir into walnuts. Remove walnuts from pan and add just a dash of cinnamon. Serve.