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# Roasted Almonds

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from [www.naturalhealthyconcepts.com](http://www.naturalhealthyconcepts.com)



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2	Large egg whites	2 tsp	Sea salt
1 tsp	Stevia or 2 tbsp sugar	½ tsp	Cayenne pepper
2 T	Dried rosemary crushed	4 C	Whole raw almonds

## **Directions:**

In mixing bowl with wire whisk, whip egg whites until foamy. Add sugar and whip until frothy. Add rosemary, salt and cayenne pepper and blend. Stir in almonds and coat well. Using a rimmed baking sheet, spray with non-stick olive oil spray. Spread coated nuts in pan in single layer.

Bake at 350 for 40 minutes turning nuts every 10 minutes. Cool in the pan and store covered at room temperature

Most beneficial nutrients: Iron, Magnesium, Zinc, Calcium, Potassium, Vitamin E, and essential fatty acids.