

Salted Caramel Roasted Cashews

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large flat oven tray
baking paper or silicon liner
medium mixing bowl
measuring cups
measuring spoons
stirring spoon
egg lifter

1. **Preheat** oven to 175°C or 350°F.

2. **Line** the baking tray with baking paper or a silicon liner.

3. In the bowl, **mix** together

1 TBS **raw honey or maple syrup**
1 TBS **melted butter or coconut oil**
½ tsp **ground cinnamon** (optional)
½ tsp **Himalayan salt**
½ tsp **vanilla extract**

4. **Stir** in

2 cups **raw cashews**

5. Once the cashews are thoroughly coated with the caramel mixture, **place** on the oven tray in a single layer.

6. **Bake** for 15 to 20 minutes while turning with the lifter every 5 minutes. **Watch** carefully that they don't burn.

7. Once slightly browned, **turn** the oven off and leave the oven door slightly ajar to allow the cashews to cool and dry off in the oven.

8. Once cool, **store** in an airtight container.

