Spiced Nut Mix

David Lebovitz, from his book, The Sweet Life in Paris



An especally tasty nut mix - hard to figure out what's in it, but worth making!

2 cups nuts (200 gr) any combination of cashews, whole almonds, peanuts, pecan halves, and hazelnuts

1 tablespoon unsalted butter (15 gr) melted

3 tablespoons dark brown sugar (45 gr)

1/2 teaspoon ground cinnamon

1/2 teaspoon unsweetened cocoa

1 teaspoon smoked paprika, or chile powder

2 tablespoons maple syrup

1 teaspoon flaky sea salt or kosher salt (optional)

2 cups pretzels (100 gr) small pretzel twists or other shape

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 10

1. Spread the nuts on a baking sheet and roast in a 350° (180C) oven for 10 minutes, stirring once for even toasting. (For easy cleanup use foil underneath.)
2. In a medium bowl, mix together the melted butter, brown sugar, cinnamon, paprika, cocoa and maple syrup.
3. Add the warm nuts, stirring until coated. Then mix in the pretzels, and stir until the nuts and pretzels are completely coated.
4. Spread the mixture back on the baking sheet and return to the oven for 15 minutes, stirring twice during cooking. Remove from oven and cool completely, separating the nuts and pretzels as they cool. Once cool, add salt (if desired). This mixture can be stored in an airtight container for up to a week.

Yield: 4 cups

Per Serving (excluding unknown items): 392 Calories; 19g Fat (41.6% calories from fat); 9g Protein; 50g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 817mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.