

Pumpkin-spiced **Almonds**

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| 2 cups whole, unsalted almonds | ¼ tsp allspice |
| 1½ tbsp ground cinnamon | ¼ tsp ground cloves |
| 1 tsp ground ginger | ¼ tsp ground nutmeg |
| | 2 tsp olive oil |

Toast the almonds in a pan over medium heat for about 3 minutes, stirring frequently. Transfer to a bowl. In a small bowl, stir the spices together. Heat oil in a pan over medium heat. Stir the spices into the oil, about 30 seconds. Add the almonds and cook, stirring frequently, until the nuts are coated with the spices, about 3 minutes. Allow to cool before serving.



Makes 8 servings. Per serving:

216 calories | 8g protein | 18g total fat | 2g saturated fat | 12g mono fat | 4g poly fat
0mg cholesterol | 8g carbohydrate | 1g sugar | 5g fiber | 0mg sodium