

## Crunchy Curried Edamame Snack

- 3 cups frozen shelled edamame
- 1½ tbsp olive oil
- 1 tbsp coconut sugar
- 1 tbsp curry powder
- 1 tsp ground cinnamon
- ¼ tsp sea salt

Preheat oven to 300°F. Rinse edamame under warm water in sieve. Drain, lay on paper towel and pat dry. In a medium-sized bowl, mix edamame, oil, sugar, curry powder, cinnamon and salt. Lay in single layer on baking sheet. Bake 75 minutes, stirring every 15 minutes until brown. Let cool and enjoy.



Makes 6  
servings. Each:

- 138 calories
- 10g protein
- 6g total fat
  - 11g carb
  - 4g sugar
  - 4g fiber
- 76mg sodium