

December Recipe of the Month

Spicy Almonds

This easy recipe is a hit at parties or just for healthy snacking. Be sure to keep an eye on the portion size. Nuts are a heart healthy food but are a higher calorie food because of their high fat content.

Serves: 8

Serving size: ¼ cup

2 cups whole, raw almonds

2 tsp olive oil

¼ tsp salt

½ tsp onion powder

½ tsp red pepper flakes



Directions:

1. Preheat oven to 350°F.
2. In a small bowl add all the ingredients and mix well.
3. Place on an ungreased cookie sheet and roast for 5 minutes turning the almonds once.
4. Let cool and serve.

Per serving: 220 calories, 8g protein, 19g fat (2g saturated), 0mg cholesterol, 8g carbohydrate, 4g fiber, 2g sugar, 75mg sodium

% Daily Value: Vitamin A 0%, Vitamin C 0%, Calcium 10%, Iron 8%

