

# Vanilla Blueberry

## NUT SNACK BAR



**PORTION:** 1 bar  
**SERVES:** 10

# SUPERFOOD

## INGREDIENTS

2 Sprays	Pan Coating Cooking Spray	1/8 tsp	Sea Salt
3/4 cup	Cashews, Unsalted, Halves	2 ea	Vanilla Bean
3/4 cup	Almonds, Chopped	1/4 cup	Ground Golden Flax Seeds
1/2 cup	Dried Blueberries	1/3 cup	Agave Nectar
2 Tbsp	Chia Seeds		

## METHOD

1. Chop the cashews and set aside. In a large bowl, add all of the ingredients (add the agave syrup last). Stir together until fully incorporated.
2. Line a pan with parchment paper and spray it with cooking spray. Spread the mixture in an even layer about 1/2 inch thick.
3. Place the bars into a 300F oven and cook for 20 minutes. Remove and let the bars cool completely. Remove from the pan and cut into 2 inch squares.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
180	11	1.5	20	4	4	35

# ROSEMARY- & CAYENNE Roasted Almonds



**PORTION:** 1/4 cup  
**SERVES:** 12

## SUPERFOOD

### INGREDIENTS

< 1/8 tsp	Kosher Salt	1/4 cup	Rosemary, Fresh, Chopped
< 1/8 tsp	Cracked Black Pepper	1 tsp	Cayenne Pepper
1 1/2 cups	Almonds, Whole	3/4 tsp	Canola Oil

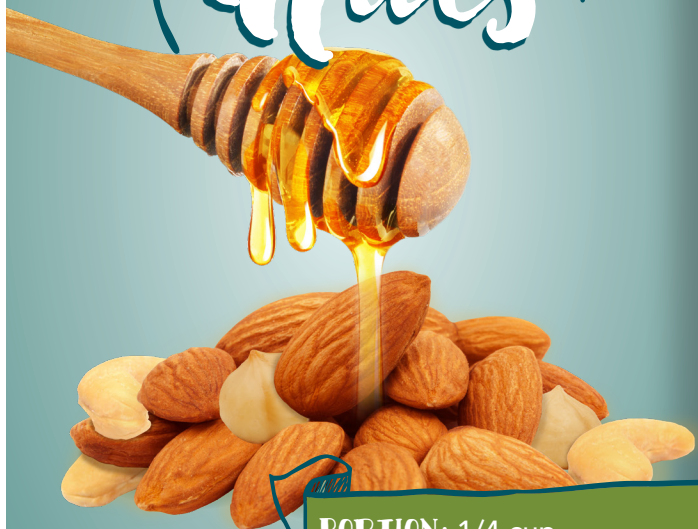
### METHOD

1. Preheat an oven to 350F degrees. Combine the spices and oil in a bowl. Add the nuts and combine. Spread out on a sheet pan lined with parchment paper.
2. Bake the nuts until golden brown but not burnt. May be served either warm or cold.

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
170	14	1	6	6	4	10

## INDIAN-SPICED Roasted Nuts



**PORTION:** 1/4 cup  
**SERVES:** 12

### INGREDIENTS

1 Tbsp, 1 tsp	Dark Brown Honey	1/2 tsp	Kosher Salt
1 Tbsp, 1 tsp	Honey	1/2 tsp	Ground Black Pepper
1 Tbsp	Canola Oil	3/4 cup	Almonds, Whole
1 Tbsp	Ground Cinnamon	3/4 cup	Cashew, Halves
3/4 tsp	Ground Cardamom	3/4 cup	Hazelnut, Whole
3/4 tsp	Ground Cumin		

### METHOD

1. Preheat oven to 350F degrees. Combine brown sugar, honey, oil, cinnamon, cardamom, cumin, salt and pepper in a small saucepan. Heat gently and stir to combine.
2. Add nuts to spice mixture and toss to coat.
3. Line a baking sheet with parchment paper. Spread nuts evenly on a baking sheet. Bake for 15 minutes or until golden brown and cool. The spices and the sugar create a brittle around the nuts; just break apart into 1/4 cup servings or serve in a bowl.

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
220	18	2	12	5	3	115