

RECIPES



Genesis
HEALTHCARE SYSTEM

Better Begins Here

Spirit of
Women



Toasted Cinnamon Walnuts

Serving size: 1/4 cup

Ingredients:

- 1 tablespoon water
- 2 teaspoons cinnamon
- 1 egg white
- 1/4 cup sugar
- 5 tablespoons brown sugar, light
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 4 cups walnuts, whole or halves

Directions: Preheat the oven to 275 F.

Stir water and cinnamon together in a large bowl. Add egg white and beat with wire whisk until frothy. Whisk in sugar, brown sugar, vanilla and salt. Stir in walnuts with large spoon, lightly coating nuts with cinnamon mixture. Line a baking sheet with aluminum foil. Spray with nonstick cooking spray. Spread walnuts over foil.

Bake for 45 minutes or until crisp and lightly browned, stirring every 10 to 15 minutes. Remove from oven. Let cool. Break up walnut clusters into bite-size or individual pieces.

Nutrition information per serving:

215 calories | 18.5 g total fat | 6.5 g protein | 11.5 g carbohydrates
42 mg sodium | 2 g dietary fiber