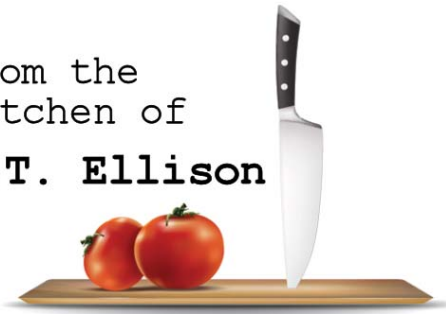


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 egg white,
room temperature
- ✓ 1 tablespoon water
- ✓ 1 pound raw mixed nuts
(I used equal portions of almonds,
pecans, and cashews, with a
handful of macadamia and some
pumpkin seeds, just for fun)
- ✓ 1/4 cup white sugar
(I used coconut sugar for the lower
glycemic impact)
- ✓ 3 tablespoons brown sugar
- ✓ 1 1/2 teaspoons kosher salt
(I used sea salt)
- ✓ 1 teaspoon ground cinnamon
- ✓ 1/2 teaspoon cayenne pepper
- ✓ 1/4 teaspoon ground cloves

Modern Mrs. Darcy's Spiced Nuts

(makes 1 lb.)

A special Christmassy treat that'll make your house smell wonderful! All credit goes to my friend, Anne Boegel, AKA the wonderful [Modern Mrs. Darcy](#).

Directions

- Preheat oven to 275 degrees.
- Line a baking sheet with parchment paper, and set aside.
- Whisk egg white and water together in mixing bowl.
- Add nuts; stir to coat.
- In a small bowl, combine sugar, salt, and spices.
- Sprinkle spice mixture over nuts and stir to coat evenly.
- Spread nuts in a single layer on the baking sheet.
- Bake for 30 minutes, stirring halfway through. Remove from oven.
- When cool, break the nuts apart and store in a tightly sealed container.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.

Want a wine to go with your recipe? Check out J.T.'s wine blog, [The Wine Vixen](#), at TheWineVixen.com.

