

ROASTED MIXED NUTS



Prep Time: 5 Minutes
Bake Time: 20 Minutes
Total Time: 25 Minutes
Makes 2 ¼ Cups

Ingredients:

- 2 oz (½ cup) Raw Almonds
- 2 oz (½ cup) Raw Walnuts
- 2 oz (½ cup) Raw Pecans
- 2 oz (½ cup) Raw Cashews
- 1 oz (¼ cup) Raw Brazil Nuts
- 1 oz (¼ cup) Raw Macadamia Nuts
- 1 oz (¼ cup) Raw Pepitas (Shelled Pumpkin Seeds)
- 2 tsp Canola Oil
- ½ – ¾ tsp Salt
- ¼ tsp Ground Black Pepper

Optional Additions:

- Peanuts
- Pistachio
- Hazelnuts

Instructions:

1. **MIX:** Preheat the oven to 300°F and prepare a baking sheet with a [Reusable Silicone Baking Mat](#). Add all the ingredients to a bowl (nuts, seeds, oil, salt & pepper), and give it a thorough mix. Be sure to scrape down the sides and bottom to make sure all the seasonings and oil are coating the nuts.
2. **ROAST:** Spread the nut mixture onto the baking tray, shaking it slightly to flatten out into a single layer. Place the tray in the oven and roast for 18-20 minutes, taking the nuts out halfway through and tossing. You'll know the nuts are done when you can smell their aroma, and the nuts are slightly golden (see notes).
3. **ENJOY:** Allow the nuts to cool on the baking pan for 5-10 minutes, and enjoy! The nuts can be served freshly roasted and warm, or at room temperature. They can be stored in an airtight container at room temperature for up to 2 weeks. Just be sure to let them cool fully before transferring to a storage container.

Notes:

- **Weight vs Volume** — Most recipes here in the US use volumetric measurements (ie. cups), but for items with whole nuts and misshapen ingredients, those quantities can vary greatly. We've given the measurements in weights for a more accurate blend, but if you don't have a kitchen scale, no worries. Just use the volumetric measurements and toss in a few extra if any nut is looking a bit scarce!
- **Make Your Own Medley** — This recipe is so easy to customize to fit your liking, whether that be with the nuts and seeds in the mix or with the seasonings. Feel free to add in any nuts that you like and take out the ones you don't to fit your personal preference! For a trail mix variation, add in some dried fruit and chocolate chunks to the blend after roasting and cooling. To switch up the spices, try using our [Garlic Herb Seasoning Blend](#) for an herbal, zesty kick, or add in some cayenne and cinnamon for a warm spicy feel. You could even try going for a sweet candied blend by swapping the salt & pepper with sugar and adding in cinnamon, cocoa, or other dessert-y spices.
- **Tips for Roasting Nuts** — Toasting nuts at home is a seemingly straight forward task that can easily go wrong if it's not monitored closely. Be sure to use a low-and-slow oven method to prevent them from toasting too quickly. It's better to under roast the nuts than burn them, so pull them out before you think they're done, and the residual heat will help the continue browning as they cool down.
- **Shopping for Nuts** – The price of nuts can get quite expensive depending on where and how you buy them, especially if you're buying a 16 oz bag for just a small amount. To cut down on costs, here are some tips to remember when purchasing nuts:
 - Try buying nuts in bulk at your local low-waste or natural grocery store (with our [Reusable Bulk Bin Bags](#) of course). That way, you can buy the exact amounts you need without being stuck with leftover ingredients you won't use.
 - Since nuts can last a long time when stored properly, stock up on them during sales and promotions and store in the fridge or freezer.
 - Whole nuts can be \$2-3 per pound more expensive than halves & pieces, so feel free to opt for the broken bits instead and save the extra cash. They all taste the same anyway!
- **Cooking for a Crowd** – This roasted nuts recipe is perfect for your next holiday gathering, family get-together, or just as a weekday snack! Scale up the recipe by doubling or even tripling for a crowd. We'd even recommend making extra for everyday eating, it's just that good!