

SPICED PUMPKIN SEED, SUNFLOWER SEED AND CASHEW CRUNCH

INGREDIENTS

Nonstick vegetable oil spray
2 large egg whites
2 teaspoon light agave syrup (nectar)
1 teaspoon garam masala or curry powder
1 teaspoon kosher salt
1/2 teaspoon cayenne pepper
1/2 cup raw cashews, coarsely chopped
1/2 cup shelled pumpkin seeds (pepitas)
1/2 cup shelled sunflower seeds

DIRECTIONS

Preheat oven to 300F. Cover a rimmed baking sheet with aluminum foil and then spray with nonstick spray.

Whisk egg white, agave, garam masala, salt, and cayenne in a medium bowl. Add nuts and seeds and toss to coat. Using a slotted spoon, transfer mixture to baking sheet, letting excess egg drip back into bowl. Bake, tossing once, until mixture is golden brown, 20–25 minutes. Let cool on baking sheet.