

CINNAMON SUGAR ROASTED MACADAMIA NUTS



September 4

National Macadamia Nut Day

INGREDIENTS

- 3 Cups Macadamia Nuts (raw)
- 2 Egg Whites
- ¼ Cup Brown Sugar
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Ground Ginger
- ¼ Teaspoon Vanilla Extract
- ⅛ Teaspoon Salt

DIRECTIONS

1. Preheat the oven to 300°. Line a baking sheet with parchment paper.
2. In a large bowl beat egg whites with an electric mixer until frothy.
3. Gradually add in the sugar, beating until well combined.
4. Add cinnamon, ginger, vanilla extract, and salt. Beat to combine.
5. Fold your macadamia into the egg whites until all are well coated.
6. Spread in an even layer onto your baking sheet.
7. Bake for roughly 30 minutes, scraping halfway through until your nuts are caramelized and shiny. Check several times while baking to break up any large clusters.
8. Remove from oven and allow to cool completely before serving or storing.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

About 1 Pound

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce