

## Sweet-Salty-Bitters Glazed Nuts



Prep time: 30-35 minutes

Crisp, crackly and oh so dee-lish. Takes 5 minutes to put together, 25 minutes to roast and cool. So easy you'll be back for more!

## INGREDIENTS

2 *Tbsp.* butter

2 *Tbsp.* ANGOSTURA® aromatic bitters

6 *Tbsp.* sugar

1-1/2 *tsp.* Kosher salt

1/2 *tsp.* cinnamon

3 *cups* raw nuts--pecan or walnut halves, whole almonds or cashews (about 12-14 oz)

Makes 3 cups

## METHOD

Preheat oven to 300°F. Place oven rack in the middle of the oven.

Melt butter with ANGOSTURA® aromatic bitters in a 6-cup bowl in the microwave or in a 4-qt pan on the stovetop. Stir, then add sugar, salt and cinnamon; stir well. Sugar does not have to be completely dissolved, but a warm sauce will coat nuts more thoroughly. Add nuts to bowl (pan)

and stir until well coated. If needed, warm up mixture a little.

Line a large, rimmed sheet tray with parchment paper.\* Spread nuts out evenly on paper, separating them as much as possible. Roast 13-16 minutes or until golden brown; remove from oven. Let cool 10-15 minutes, then use your fingers to break up clusters. When completely cooled, transfer nuts to serving bowls or store in an airtight container.

\* If you do not have parchment paper, line tray with heavy-duty aluminum foil, dull side up. Roast 13-16 minutes or until nuts are golden brown; remove from oven. Let stand 2-3 minutes only, then stir nuts frequently until cooled and no longer sticking to the foil. If nuts stick to foil too much as they cool, pick up foil and remove nuts to another flat surface with your fingers. Keep nuts separated; do not put them in a bowl until completely cooled.

Pre-roasted cashews are fine for this recipe.

Recipe by Rita Held

**Nutrition information for 1/4 cup:** 250 calories, 5g protein, 15g carb, 19g fat, (3 g sat. fat), 5mg chol, 290mg sodium, 2g fiber