

Roasted almonds (vegan)



25 min. 280 kcal SteviaSweet Crystal

Preparation

Preheat the oven to 175 °C.

Line a baking tray with baking paper. Put the oil, **SteviaSweet Crystal** and the spices into a bowl. Add the almonds and mix well. Then arrange the almonds on the baking tray and bake for 15 to 20 minutes, turning occasionally. Leave to cool slightly before serving.

Ingredients for 8 servings

200 g	unpeeled almonds
200 g	peeled almonds
1 tbsp	rapeseed oil
1 tbsp	SteviaSweet Crystal
1 tsp	salt
1 tsp	ground cinnamon
1 tsp	ground cardamom
1/2 tsp	ground ginger
1/4 tsp	cayenne pepper

Nutritional information per portion

280	kcal
1177	kJ
12.5	g Protein
2.5	g Carbohydrates
25	g Fat