

# Cocoa and Cinnamon Nut Mix

**By:** Jana Verhaeghe

**Prep Time:** 10 minutes

**Cook Time:** 12 minutes

**Total Time:** 22 minutes

Great homemade snack for school lunches, work, picnics, camping, hiking.... you name it! Sometime I eat this for breakfast if I'm in a hurry. Also good mixed in with quinoa and a bit of xylitol for a treat.

This is great because you know what ingredients are in your snack and can avoid preservatives, sugar, favoring, MSG, soy, fructose corn syrup and other nasty additives that can be found in packaged nut mixes.



## Ingredients:

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| <ul style="list-style-type: none"><li>• 1 large free-range egg white</li><li>• 2 tbsp (30 ml) cocoa powder (read the ingredients, you want just cocoa with no added sugar or other stuff)</li><li>• ½ tsp (2 ml) vanilla</li><li>• ½ tsp (2 ml) cinnamon</li><li>• 1/8 tsp (0.5 ml) ground cloves</li><li>• ¼ tsp sea salt</li></ul> | <ul style="list-style-type: none"><li>• ¾ cup (180 ml) unsalted raw shelled peanuts</li><li>• ¾ cup (180 ml) unsalted raw almonds</li><li>• ¾ cup (180 ml) pecan halves</li><li>• ¾ cup dried cherries (again read the ingredients on packaged cherries and watch for additives); -- these are optional!</li></ul> |
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**Note:** You can swap certain nuts for others that you like, such as cashews, hazel nuts, pistachios, or Brazil nuts. Also sometime I use already roasted nuts that are salted, if you do just reduce the salt you add or omit it completely. Sometimes to satisfy that extra chocolate craving I break-up a 75% or darker chocolate bar and add it when the mixture has cooled.

## Preparation:

- Preheat oven to 325 F (160 C).
- In a large bowl, whisk egg white until foamy and the volume has doubled for about 60 seconds (I just use a fork, but you can use an actual whisk).
- Whisk in cocoa, vanilla, cinnamon, cloves and salt until smooth.
- Stir in nuts and evenly coat.
- Spread mixture evenly onto a cookie sheet, bake for 7 minutes and then stir.
- Bake for another 5 minutes (be careful the nuts don't burn).
- Let nuts cool, mix in dried cherries and store in an air-tight container.