

Sweet & Spicy Glazed Cashews

Ingredients

- 3 cups of unsalted raw cashews
- $\frac{3}{4}$ coconut sugar
- $\frac{1}{2}$ t dried crushed chili
- $\frac{1}{2}$ t cayenne pepper
- $\frac{1}{4}$ t salt
- 2 T avocado oil

Directions

Spread cashews on a baking sheet and place in a 350-degree oven. Brown for about 15 minutes. Remove and allow to cool. In a wok or large cooking pot add oil plus chili flakes and cayenne. Stir pepper and chili into the oil. When hot add nuts and stir fry until nuts are well coated. Add salt and sugar. Stir fry another minute until they dissolve.