



**CANDIED
ALMONDS**

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Serves: 6
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
319 kcal
25g Fats
17g Carbs
10g Protein



WHAT YOU NEED

- 2 cups (280g) almonds
- 3 tbsp. maple syrup
- 1 tbsp. sesame seeds
- 1 tbsp. desiccated coconut

WHAT YOU NEED TO DO

Preheat oven to 250°F (120°C).

Mix all the ingredients together and spears out evenly on a silicon baking tray.

Roast for 20 minutes turning half way. Take the almonds out of the oven and leave to cool completely, before serving.