

Sugar-Free Candied Nuts

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2 ½ cups nuts of choice

1 egg white

½ cup Splenda granular

1 1/2 teaspoons cinnamon

1/8 teaspoon salt

Preheat oven to 300 degrees. Line a 15x10x1 inch pan with foil and spray with cooking oil. Place nuts in a bowl and stir if not already mixed. Beat egg white in a separate bowl until foamy and stir into the nuts until evenly coated. In another bowl, mix the Splenda, cinnamon, and salt and pour over the nuts. Stir until evenly coated, then scoop onto the baking sheet, using a spoon or fingers to get the nuts in a single layer. Bake for thirty minutes, stirring every ten minutes, until toasted. Allow to cool on wax paper and store in an airtight container.