



cara price

ROSEMARY ROASTED CASHEWS

INGREDIENTS

2 cups raw cashews
2 tablespoons rosemary, chopped
1 tablespoon ghee or grass fed butter
1 tablespoon coconut sugar
1 teaspoon salt
1/4 teaspoon smoked paprika

DIRECTIONS

preheat oven to 350.

line a cookie sheet with parchment paper & spread the cashews on it in a single layer. bake cashews 8-9 minutes, watching closely so they don't burn.

while the cashews are in the oven, combine chopped rosemary (make sure it is completely dry), coconut sugar, salt & smoked paprika in a bowl. give it a little stir so it's all mixed up.

melt the ghee & set aside.

when cashews come out of the oven, immediately pour them into a glass or stainless bowl. drizzle the melted ghee, give it a quick stir, then sprinkle the seasoning mix over them & stir again.

spread the cashews back onto the parchment paper to cool.

store in the refrigerator up to 2 weeks.