



Mixed nuts



You will need

2	egg whites
4 cups (1 L)	unsalted nuts (cashews, almonds, pecans, hazelnuts)
½ cup (125 mL)	sugar
1 tsp (5 mL)	cinnamon
1 tsp (5 mL)	cayenne pepper
½ tsp (2 mL)	salt
¼ tsp (1 mL)	oil for cookie sheet



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Get ready

- 1 Preheat the oven to 325°F.
- 2 Oil a large cookie sheet.

What to do

- 3 Put the egg whites in a large bowl. Whisk until foamy.
- 4 Stir in the nuts. Mix well.



- 5 Put the sugar, cinnamon, cayenne pepper and salt in a small bowl. Mix well.
- 6 Pour the sugar mixture over the nuts. Mix well.



- 7 Spread the nuts on the cookie sheet.



- 8 Bake for about 20 minutes. Stir every 5 minutes.
- 9 Cool. Store in sealed containers.

Note: The nuts become crispy after they cool.

Adapted from *The Best of The Best and More—Recipes from the Best of Bridge Series*, Robert Rose Inc., publisher • Photos: Bev Burke

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