ASCENSION LUTHERAN • 25 YEARS OF FAIR TRADE

Jen’s Fair Trade Carmelized Cashews With Cayenne

Delicious Any Time

Celebrate Ascension Lutheran’s 25th anniversary of Fair Trade with this treat made with Equal Exchange ingredients.

COOL10 minutes	OVEN 350°F	BAKE 20 minutes

Ingredients

- 2 tsp Equal Exchange Organic Extra Virgin olive oil
- 2 cups Equal Exchange Organic Natural Cashews
- ¼ cup pure maple syrup
- ½ tsp ground cumin OR 1 ½ tsp cumin seeds
- 1 tsp fine sea salt
- ¼ - ½ tsp cayenne pepper or chili powder

Directions

1. Preheat oven to 350°F.
2. Cover a baking sheet with parchment paper, then lightly brush it with 1 tsp olive oil.
3. Toss cashews and all remaining ingredients (except olive oil) in medium bowl.
4. Spread cashew mixture evenly in a single layer on the sheet.
5. Bake for about 20 minutes until golden brown and coated well, stirring occasionally.
6. *While nuts are baking, brush a sheet of aluminum foil with the other 1 tsp of olive oil.
7. After removing the nuts from the oven, immediately pour them onto the foil, spreading evenly.
8. Cool at least 10 minutes, then break apart the nuts.

Fair Trade Lane

shared by Jenifer Marvin