



## Keto Candied Nuts

6 servings

2 hours

### Ingredients

2 tbsps Water  
1/3 cup Monk Fruit Sweetener  
(granulated)  
1 1/2 tsps Cinnamon  
1/4 tsp Sea Salt  
1 1/2 cups Almonds

### Directions

- 1 Line a baking sheet or plate with parchment paper.
- 2 Add the water to a small pot over medium heat. When the water starts to steam add the monk fruit sweetener, cinnamon, and salt. Stir to combine and allow to come to a bubble.
- 3 Add the almonds and stir well. Continue to stir for two to three minutes until the almonds are heated through and the monk fruit sauce has thickened.
- 4 Transfer the almonds to the parchment paper and spread in an even layer to cool.
- 5 Allow the nuts to cool completely and the candy coating to harden before storing them in an airtight container. Enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to one week.

**Serving Size:** One serving is approximately 1/4 cup of nuts.

**More Flavor:** Add vanilla extract or a pinch of nutmeg, cayenne pepper, or cloves to taste.

**No Almonds:** Use another nut or seed instead or a combination of different nuts and seeds.