

*Almonds are a great snack to keep us energized throughout the day. They contain protein and essential fats. Instead of munching on just plain almonds, try this delicious recipe to put a kick in your day!*

**Homemade Roasted Almonds**

**8 servings, 1/4 cup each**

2 cups plain almonds  
1 egg white  
1/2 cup Splenda  
1 TBSP Cinnamon  
1 TBSP vanilla extract

Preheat oven to 350F  
Whip egg white till frothy.  
Dump in nuts, mixing till coated.  
Mix Splenda, Cinnamon, and Vanilla in separate bowl.  
Coat nuts with spice mixture.  
Spread on single layer on cookie sheet  
Bake at 350F for 50 minutes, stirring every 10 minutes  
Let cool and enjoy!

\*You can also be creative and mix up your own spice mixture.  
Nutrition information: per 1/4 cup serving  
Calories: 206, carbohydrate 6.6 g, fat 18 g, saturated fat 1.4 g,  
monounsaturated fat 11.6 g, fiber 4 grams