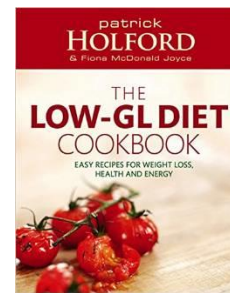


TAMARI TOASTED NUTS AND SEEDS



This recipe is from p79 Savoury Snacks & Starters section of The Low-GL Diet Cookbook



Available in the shop

Ingredients:

- 50g / 2oz mixed nuts and seeds (such as Brazil nuts, pecans, walnuts, almonds, pine nuts, pumpkin seeds, sesame seeds or sunflower seeds)
- Tbsp tamari (or soy sauce)

These are high in protein and minerals, low in carbohydrate and saturated fat.

They can be eaten as a snack or used to dress salads.

Method:

Preheat the oven to 200c / 400F / Gas mark 6.

Put the nuts and seeds on a baking tray, tip the tamari or soy sauce over them, and shake around to coat thoroughly.

Roast for around 5 minutes, shaking the tray halfway through.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk