



## BAR NUTS

### Ingredients

500g raw unsalted mixed nuts (one large packet)  
including almonds, cashews, Brazil nuts, hazlenuts, walnuts  
2 sprigs of fresh rosemary, roughly chopped  
1 sprig of fresh thyme, roughly chopped  
2 tsp brown sugar  
1/2 tsp ground cayenne pepper  
2 tsp sea salt  
1 tbsp unsalted butter, melted

### Method

Turn on oven to moderate temperature (180C/350F).  
Line a baking tray with parchment paper.  
In a large bowl, combine all of the ingredients and mix so that all of the nuts get coated.  
Turn out onto a baking tray and cook for 10 minutes until lightly browed and toasted.  
Enjoy warm, or allow to cool for more crunchy nuts.