



Cajun Spiced Walnuts

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 12

Nutrition Information Per Serving

185.9 calories, 4.15 g carbohydrate, 2.05 g fiber, 2.1 g NET carbs, 4.63 g protein, 18.33 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 large organic egg white
- 12 ounce(s) organic walnuts
- 1 tsp cayenne pepper
- 1 tsp organic dried oregano
- 1 tsp paprika
- 1 tsp organic dried thyme

Preparation

1. Preheat oven to 350 F. Coat a baking sheet with cooking spray.
2. Combine egg whites and all seasoning in a medium bowl. Whisk well.
3. Add walnuts.
4. Spread walnuts in a single layer on baking sheet.
5. Bake 15-18 minutes or until crisp.
6. Store in an airtight container.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.