



Recipes

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Three Spice Walnuts

Serves 1

Ingredients:

- 2 large Egg Whites
- 10 oz. Walnut Halves
- 4 oz. Cinnamon Sugar
- 1 tsp. dried Orange Peel
- 1/2 tsp. Nutmeg

Directions:

1. Preheat oven to 350 degrees F.
2. Whisk egg whites in a small mixing bowl until frothy. Place walnuts in large mixing bowl and place just enough egg white to moisten the walnuts. Toss to coat. Sprinkle with remaining spices and toss to combine.
3. Bake on a foil lined baking sheet for 12-15 minutes. Loosen from foil and allow to cool and crisp up.