



BOMBAY SPICED NUTS



Ingredients

- 3 cups assorted nuts (see Notes)
- 2 tbsp coriander
- 2 tsp cumin
- 2 tsp salt
- ½ tsp chili powder
- ½ tsp mustard powder
- ¼ cup melted coconut oil or butter

Instructions

1. Preheat oven to 350°F.
2. In a bowl, mix the nuts, salt, and spices, ensuring they are well coated.
3. Drizzle melted coconut oil or butter over the spiced nuts.
4. Spread them out on a baking sheet and roast for 15 minutes, stirring once halfway through.

Notes & Tips

- Use a mix of your favourite nuts, such as almonds, cashews, walnuts, pecans, or hazelnuts.
- Soaking the nuts for the appropriate duration based on their type, along with sprouting or fermenting, are effective ways to reduce phytic acid found in plant-based foods. For soaking times, refer to the [Soaking Times for Nuts](#) chart.
- After soaking and draining the nuts, coat them with seasonings. Then, dry them in a dehydrator or in a 150°F oven overnight for 12–24 hours.

