



## Cinnamon Glazed Almonds

**Prep: 5 minutes**

**Cook/Bake: 20 minutes • Serves: 4**

1 cup raw whole almonds  
¼ cup granulated sugar  
1½ tablespoons water  
1 teaspoon ground cinnamon

1. Preheat oven to 250°. Line rimmed baking pan with parchment paper.
2. In large skillet, stir all ingredients over medium-low heat; cook 5 minutes or until almonds are lightly toasted and well coated with cinnamon-sugar mixture, stirring occasionally.
3. Spread almonds in single layer on prepared pan; bake 15 minutes or until cinnamon-sugar coating is dry, tossing once halfway through cooking. Makes about 1 cup.

*Approximate nutritional values per serving:*

*230 Calories, 15g Fat (1g Saturated), 0mg Cholesterol,  
0mg Sodium, 19g Carbohydrates, 4g Fiber, 6g Protein*