

Cinnamon Sugar Almonds

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Adapted From alainga.com

Serves 25 (23 grams/15almonds per serving)

5 Weight Watchers Points per serving

97 calories per serving

- 1 large egg white
- 1 tsp vanilla extract
- 3 cups (450 grams – I weighed mine) whole almonds
- 1/2 cup granulated sugar
- 1/2 cup cup packed brown sugar
- 2 tsp ground cinnamon
- ½ tsp fine sea salt

1. Preheat oven to 250F
2. Line a large baking sheet with parchment paper.
3. In a medium sized mixing bowl beat together egg white and vanilla extract until frothy. Add the almonds to the bowl and stir until coated.
4. In another mixing bowl mix together sugars, cinnamon and salt.
5. Add the sugar mixture to the egg white coated almonds and toss until evenly coated.
6. Spread onto the prepared baking sheet in a single thin layer.
7. Bake in the oven for 55-60 minutes. Stirring every 15

minutes.

8. Let cool down for 3-5 minutes and then serve warm. **I like them better served at room temperature!!
9. To store: Let cool down completely to room temperature and then store in an airtight container. Keeps for 10-14 days
10. ***SEE VIDEO BELOW FOR OTHER INFORMATION***

Appetizer, Snack

snack

almonds, sugar cinnamon