

Sweet and Smoky Nuts



It's best to prepare everything the night before, and let the nuts cool over night before packaging them. The nuts will last for four weeks in sealed jars.

Serves 20 | **Prep** 5 minutes | **Cook** 20 minutes

Ingredients

450g unsalted mixed nuts such as almonds, walnuts, pecans, hazelnuts, Brazil
80g pumpkin seeds
2 tablespoons sunflower seeds
2 tablespoons rapeseed oil
2 tablespoons Welsh honey
2 tablespoons of Halen Môn* Smoked Over Oak sea salt
1 tablespoon ground black pepper

Method

- 01** Put the nuts and seeds in a large bowl and pour over the honey and oil, mix well and tip onto a baking tray.
- 02** Place in the oven at 180°C/350°F/Gas 4 and cook for around 15 -20 minutes, stirring occasionally until all the nuts have turned golden.
- 03** Remove from the oven, pour into a bowl and grind the salt until fine then pour over the nuts along with black pepper and mix well.
- 04** Leave to cool before serving or packaging in sealed glass jars.

