



**BRAIN HEALTHY
COOKING**

Snack

Cinnamon Spiced Almonds



Ingredients

- 1 LB almonds
- 1 egg white
- 1 TSP vanilla extract
- $\frac{3}{4}$ CUP brown sugar
- $\frac{1}{4}$ CUP coconut sugar
- 2 TSP cinnamon

Makes 16 Servings

Directions

1. **Preheat** oven to 225°F
2. **Whisk** the egg white and vanilla until fluffy
3. **Stir** almonds into the egg white mixture
4. In separate bowl, **combine** the sugars, and cinnamon
5. **Pour** the almonds into the sugar mixture and mix to coat
6. **Spread** almonds onto a cookie sheet into a thin layer
7. **Bake** for 1 hour, tossing every 15 minutes
8. Let **cool** and eat



**Almonds are high in vitamin E, which may stave off Alzheimer's and dementia. Just a half cup of almonds provides nearly 100% of the recommended daily allowance of vitamin E.*