



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Roasted Hazelnuts SERVES 2 cups

CATEGORY Snack PREP TIME 10 min COOK TIME 10-15 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Dry Roast :
2 cups shelled hazelnuts

Oil & Salted :
1 tsp oil of choice (we recommend :
to taste avocado, coconut, or EVOO)
sea salt

DIRECTIONS

1. Preheat oven to 200F.
2. Line a baking tray with parchment paper.
3. (Optional) If using oil and salt, toss shelled hazelnuts in a medium bowl with oil and salt.
4. Spread the hazelnuts over the lined baking tray in an even single layer.
5. Bake for 10-15 minutes, careful not to scorch or burn the nuts.
6. Let completely cool before eating or storing.

MY NOTES
