

CRUNCHY CANDIED NUTS



INGREDIENTS

2 cups assorted [raw nuts](#)

1/3 cup [coconut sugar](#)

1/3 cup [shredded coconut](#)

2-3 Tbs. water

1tsp cinnamon

Place the coconut sugar, shredded coconut, cinnamon, and water in a bowl. Mix well. Combine the sweet coating with the raw nuts. Mix to coat.

Place the nuts on either a cookie sheet (lined with a [silpat](#)) or on a dehydrator tray with a [ParaFlexx lining](#).

If you plan on baking the nuts, put them in the oven at 200 degrees. You will need to watch the nuts carefully to make sure they do not burn. The candied nuts will be done when the coating is no longer wet. When you take them out of the oven to cool they will harden. If they are not crunchy enough for you, return them to the oven for some additional baking time.

If you will be using the dehydrator (I used my [Excalibur](#)), put the tray of nuts in the dehydrator at 115 degrees for 8-10 hours. Check the nuts after about 3-4 hours, take them off of the [Paraflexx](#), and place them directly on the [Polyscreen](#) tray. Once you remove the nuts from the dehydrator they will crisp as they cool.

When the nuts are cool, put them in a bag and store them in the freezer.