

## Spiced Almonds with Dried Apricots

2 tbsp. fat (olive oil, vegetable oil, bacon fat, etc.)

6 cups whole almonds

1/3 cup honey

2 tsp. smoked paprika

2 tsp. cinnamon

2 tsp. cumin

1 tsp. cayenne

2 tbsp. salt

1 tbsp. sesame seed

1 tbsp. toasted sesame seed

1 tbsp. black sesame seed

1 1/2 cups diced dried apricots

Preheat oven to 300F. Mix smoked paprika, cinnamon, cumin cayenne, salt and sesame seeds. Set aside. In a large non-stick pan heat olive oil over high heat. Add almonds and toast for 1 to 2 minutes stirring frequently until almonds smell toasted. turn heat to low and continue to stir for another 5 to 6 minutes. Add honey and spice mixture to the almonds. Stir to coat evenly.

Spread nuts out evenly on a large lined baking sheet. Place in the oven and bake until honey is dry, about 12 to 15 minutes.

Allow nuts to cool completely. Sprinkle chopped apricots over nuts, using hands mix the diced apricots with the almonds breaking up any large chunks of the almonds. Store in an airtight container.

Note: omit the apricots if storing for more then a day as they have a tendency to soften the almonds and make them sticky. The apricots can be added as needed.