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## **Crispy Almonds**

4 cups almonds

1 tblsp sea salt

Filtered water

Mix almonds with salt and filtered water and leave in a warm place for 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, stirring occasionally, until completely dry and crisp. Store in an airtight container. *Recipe from Nourishing Traditions*

Note: you can apply this to any variety of nut or seed.