

# Party Nuts

## INGREDIENTS

Makes 8 servings

1 Tbls Water  
1 Tbls Liquid Aminos or Tamari  
1 Cup Walnuts



Our "Party Nuts" in action

### Instructions

In a small bowl, mix the water and liquid aminos. In a dry fry pan over medium high heat, pour in nuts. Shake pan every 30 seconds or so to keep nuts from burning. Stir nuts with a spatula to toast both sides. After 2 or 3 minutes, nuts should begin to give off aroma. When the nuts are toasted they should have dark spots on them, but not be burnt.

Immediately, pour on the water mixture and shake pan vigorously. The water will sputter and begin to sizzle off. Shake the pan to coat the nuts with the water mixture. Shaking will also keep them from sticking.

Cool for one minute and pour into serving bowl. Eat while warm.

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<i>Serving</i>	<i>Cal</i>	<i>Fat from Calories</i>	<i>Fat</i>	<i>Sodium</i>	<i>Protein</i>	<i>Fiber</i>	<i>Sugars</i>	<i>Vit A</i>	<i>Vit C</i>	<i>Calcium</i>	<i>Iron</i>
<i>33g</i>	<i>97</i>	<i>77</i>	<i>9</i>	<i>300g</i>	<i>4</i>	<i>1</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>1%</i>	<i>3%</i>