

# I Hate You Gary Bar Nuts

I like this recipe because you do not roast the nuts with a sticky coating. The nuts are roasted plain and the topping is added. Thus, they don't clump as badly. By the way, it's not my fault if you can't stop eating them!

- 1 cup each plain, unsalted pecans, walnuts, cashews and almonds
- 2 1/2 Tbls unsalted butter melted
- 1/4 cup brown sugar or brown WheyLow
- 1 tsp. cayenne
- 1 tsp. ground cinnamon
- 1 Tbl. honey
- 1 Tbl. Angostura Bitters
- 1 Tbl. course sea salt or kosher salt

1. Preheat oven to 350°F
2. Spread nuts in a single layer on a full sheet pan and roast for 10 minutes.
3. In a large mixing bowl thoroughly combine the brown sugar, butter, cayenne, cinnamon, honey, and bitters.
4. Add the warm nuts to the sugar mixture and stir to evenly cover the nuts.
5. Sprinkle the salt over the nuts and stir again. If you think they need more salt, try stirring them more before adding additional salt.
6. Serve warm. Any leftovers will keep on the counter top in a sealed container for a few days before they completely glue together.