

TASTY NIBBLES

Simple to make with minimal ingredients and endless flavor combinations. Swop out dairy with plant-based butter for a dairy-free nibble.

MAPLE SPICED MASALA CHAI NUTS

INGREDIENTS

¼ cup/60 ml dark maple syrup,
lightly warmed
1 tbsp/15 ml unsalted plant-based
butter, melted
2 cups /500 ml almonds or mixed nuts
1 tbsp/15 ml ground chai tea, to taste

OTHER TEA SUGGESTIONS

Maple tea
Caramel butter beer
Ginger and Cinnamon tea

METHOD

Preheat the oven to 350F/176C.
Spray a rimmed baking sheet with
cooking spray.

Mix the melted plant-based butter,
ground tea, and warm maple syrup
in a mixing bowl. Add the almonds
and stir until they are completely
covered.

Spread the coated nuts onto the
prepared baking sheet and bake for
an hour, occasionally stirring until the
nuts are golden brown. Remove from
the oven and cool before digging in.

