

Turmeric Cashews

8 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- ½ Tablespoon coconut oil
- ¼ teaspoon salt
- ¼ teaspoon ground cayenne
- ½ teaspoon ground turmeric
- 2 cups raw cashews

DIRECTIONS

1. Preheat oven to 300°F. Melt coconut oil in a small pan over low heat. Stir in the salt, cayenne, and turmeric.
2. Toss cashews with the coconut oil. Spread onto a baking sheet and toast until golden brown, about 30-40 minutes, tossing every 10 minutes.
3. Let cool completely before serving.

Nutrition Facts

8 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 2mg	10%
Potassium 10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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