

# SUGAR NUTS

*(from Emily Murray - thanks!)*

- 1 lb. pecans or walnuts halves
- 2 egg whites
- 1 cup sugar
- 1 tsp. salt
- 1 tsp. cinnamon

Preheat the oven to 225 degrees.

Beat the egg whites with 2 tablespoons water, and dip the nuts into it.

Roll them in the mixed sugar, salt, and cinnamon, spread on a cookie sheet, and bake 1 hour, stirring every 15 minutes.

Let cool; store in the refrigerator.