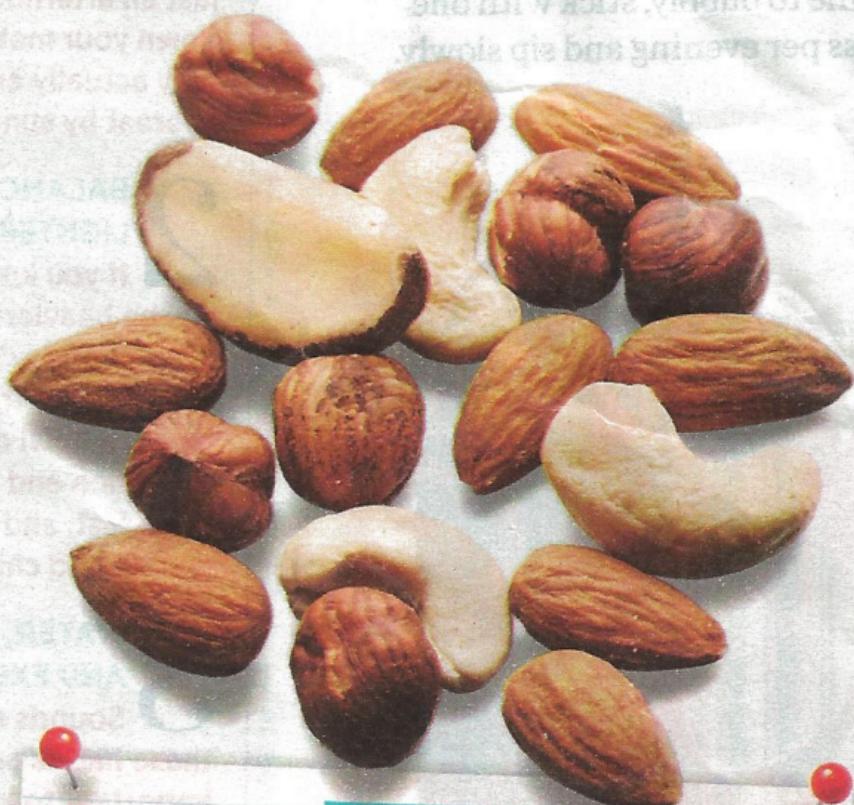


## Roasted nuts

The ideal pairing for a happy hour cocktail, nuts are full of fiber, which can help keep your blood sugar levels stable and lower your risk of type 2 diabetes.

They are high in calories, so use this rule to avoid overdoing it: Take a small handful and put it on your plate at the beginning of a party. Munch on that amount instead of grabbing nuts throughout the evening.



### **EASY RECIPE**

#### **Festive nuts** (16 servings)

Toss 1 cup each of almonds, walnuts and pecans

- + 3 Tbsp olive oil
- + 2 tsp Worcestershire sauce
- + 4-5 sprigs of fresh thyme or rosemary
- + a pinch of red pepper flakes, sea salt and pepper.

Roast in the oven at 350°F on a baking sheet for 20 to 25 minutes.