

## SPICED NUT CLUSTERS

### *Ingredients*

*1 egg white*  
*1 Tbsp honey*  
*1 cup walnuts*  
*½ cup pumpkin seeds*  
*1/3 c dried cranberries*  
*1 tsp cinnamon*  
*1 tsp ground ginger*  
*¼ tsp cardamom*

*Preheat oven to 350.*

*Line a baking sheet with parchment paper. In a medium bowl, whisk egg white and honey. Add walnuts, pumpkin seeds & cranberries. Sprinkle with cinnamon, ginger, cardamom and toss to coat.*

*Drop by spoonful on the prepared sheet. Bake for 20 minutes or until brown. Let stand on a rack until cool.*

*Calories: 91*

*Carb: 5*

### **The Nutrition *Edge***

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