

Tasty Mixed Nuts

Nuts have an enzyme inhibitor and need to be soaked before they are able to be digested. Since we like flavored mixed nuts as a snack we do a large enough batch to fill our 9 tray Excalibur dehydrator, soak them, then dehydrate them for longer storage. We also like to make them 'flavored' this is our favorite method of making nuts very tasty.

There aren't exact amounts in this recipe, it is more a suggestion and guideline as to what to use and do,

Nuts of choice (Brazil, Pecan, Walnut, Almond, Hazelnuts, etc) (We do 5-6 cups of each nut in a bread making bowl , around 30 cups to fill the 9 trays)

Wheat free Tamari sauce (90%)

Wheat free Worcestershire sauce (2 -1/2%)

Wheat free Vanilla Extract (2 - 1/2 %)

Example: 18 Tablespoons of Tamari; 1 Tablespoon of Worcestershire; 1 Tablespoon of Vanilla;

Place nuts in bowl and cover with good clean filtered water (not chemically treated tap water) and soak 8-24 hours.

Drain the nuts and spread them on the dehydrator trays. Dehydrate at 110° 18-24 hours until the largest nuts are dried and crunchy again.

Put nuts back in the bowl and stir in the liquid until the nuts are well coated. Place coated nuts on dehydrator trays and dehydrate at 110° 18-24 hours until nuts are dry. Repeat coating process for stronger flavoring.

Store in glass jars.