

CONSTITUTION DAY – SPICED NUTS

Sugary, spicy nuts were the perfect ending to any colonial meal.

TOOLS

2 cookie sheets
Measuring cup & spoons
2 small bowls
Spoon
Fork
Potholders
Nut or candy dish

INGREDIENTS

Shortening or butter to grease cookie sheet
1 cup sugar
4 Tablespoons cinnamon
¼ teaspoon nutmeg
2 eggs
1 cup pecans
1 cup almonds

DIRECTIONS

1. Preheat the oven to 300°. Grease the cookie sheets with shortening or butter.
2. Measure the sugar, cinnamon and nutmeg into 1 of the small bowls and mix them.
3. Have an adult help you separate the egg whites into the other small bowl. Beat them with a fork. Then stir a few nuts into the egg whites.
4. Take the nuts out of the egg whites and roll them in the sugar and spice mixture.
5. Place the nuts on the cookie sheet. Prepare the rest of the nuts in the same way.
6. Bake the spiced nuts for 20 minutes. Have an adult remove the cookie sheets from the oven. Let the nuts cool, and then serve them in a pretty nut or candy dish.