

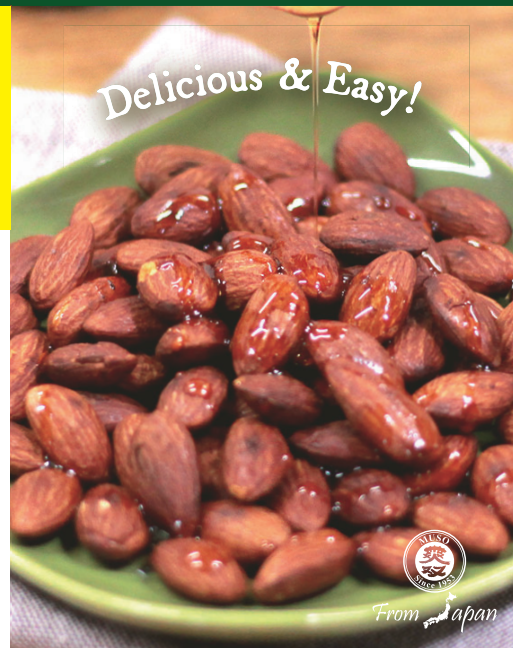
Pan-roasted Tamari Almond

-Almonds roasted with
gluten-free soy sauce-

DIY Tamari Almond! It is not only simply delicious but it is also an extremely healthy snack. You can apply the same trick to other nuts and seeds, such as cashew nuts and pumpkin seeds.

MUSO CO., LTD

The Curator of Macrobiotic
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Ingredients

- 100g of unsalted unroasted / roasted almonds
- 1 TBS of **Tamari** (gluten-free soy sauce)

Instructions

1. Roast almonds in a pan over low heat for 4 - 5 minutes.
2. Turn off the heat.
3. Remove almonds from the heat and move them into a bowl with 1 TBS of Tamari and toss well.
4. Put the almonds back into the pan, and roast over low heat again, until Tamari dries up from the surface of almonds.
5. Pour maple syrup if you like.



**Organic
Tamari**



Tamari Almond

 YouTube

