



## Sugar-free candied hazelnuts

### Ingredients (for several servings)

300 g toasted and peeled hazelnuts

egg whites from ½ large egg

1 tsp dried mint

1 tsp ground ginger

Salt (skip in case of hypertension or fluid retention)

### Method

1. Beat the egg whites with a fork.
2. Put the hazelnuts in a bowl and add a bit of egg whites. Mix until fully coated. Add just enough egg whites to moisten the hazelnuts so that the seasonings stick well.
3. Add a pinch of salt and sprinkle a generous amount of mint and ginger.
4. Mix well together and spread the hazelnuts onto an oven tray.
5. Bake at 160°C for five or six minutes so that the egg whites dry out.
6. Remove from the oven, let cool and serve.

### Recommendations

Use spices or herbs according to personal preference.