

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Going Nuts?

### **Salty-**

3 cups raw almonds

1-1 1/2 Tbls Real Salt Seasoning Salt

Soak the almonds overnight. Pour the water and almonds into a colander and shake off excess water. Put the almonds back into the soaking bowl and salt slowly while stirring the almonds to coat them evenly. Place coated almonds in a dehydrator at 105 degrees for approximately 12 hours.



### **Sweet-**

3/4 cup Sucanat

1/4 cup water

2 cups raw almonds

In a medium sized sauce pan, stir to combine Sucanat and water. Add the almonds and put the pan over medium heat. Stir the mixture continually until the liquid is cooked off and the almonds are well coated.