

# *City Wife* COUNTRY LIFE

## CANDIED ALMONDS

**SIMPLY PUT: ADDICTIVE. IF YOU LIKE MORE CINNAMON, ADD MORE (UM, DUH).**

- 🍯 3 CUPS WHOLE ALMONDS
- 🍯 1 EGG WHITE
- 🍯 1 TSP. VANILLA
- 🍯 ¼ CUP BROWN SUGAR
- 🍯 ½ CUP WHITE SUGAR
- 🍯 ¼ TSP SALT
- 🍯 1 TSP CINNAMON
- 🍯 ½ TSP CAYENNE PEPPER (DON'T ASK ME WHY)

1. PREHEAT OVEN TO 250°. LINE A RIMMED BAKING SHEET WITH FOIL AND SPRAY THE FOIL WITH NON-STICK SPRAY.

2. IN A LARGE-ISH BOWL, BEAT THE EGG WHITE AND VANILLA UNTIL REALLY FROTHY BUT NOT QUITE STIFF. ADD THE NUTS AND STIR TO COAT EVENLY. FOLD IN THE REMAINING INGREDIENTS.

3. TRY AS HARD AS YOU CAN TO PUT 'EM IN A SINGLE LAYER ON THAT SHEET. BAKE FOR 40 MINUTES, THEN TURN THEM OVER (BREAK APART IF NEED BE) AND BAKE ANOTHER 30 MINUTES.

4. RESOLVE TO START YOUR DIET AGAIN TOMORROW MORNING.