

Curried Cashews

Swick

Makes 2 cups | Active Time: 15 minutes | Total Time: 12 hours

Step 1: Soaking the Cashews

- 2 cups raw cashews
- 4 to 6 cups water

To prepare the cashews, soak them in water for 3 to 4 hours to soften. Strain, reserving the cashews and discarding the liquid.

- 2 tbsp curry powder
- 2 tbsp onion granules
- 1/4 tsp cayenne powder
- 1 tsp sea salt

To add the flavorings, place the cashews in a mixing bowl with the remaining ingredients and toss well to coat the cashews.

Step 3: Dehydrating the Cashews

To finish the recipe, set the dehydrator at 115°F (35°C). Spread an even layer of cashews on the dehydrator trays, leaving room for air circulation. Continue to dehydrate for 7 to 10 hours or until crisp.

Store the cashews in a sealed container and refrigerate to retain crispness.

Chef's Notes

These nuts go extremely well with the Quinoa Confetti Salad — as well as this Asian Kale Salad.

This recipe was inspired by super talented Chad Sarno from Wicked Healthy Food.