

Activated Almonds with Rosemary & Paprika Salt

Hands-on 10 minutes Overall 18-20 hours

Nutritional values (per serving, 1/4 cup): Total carbs: 7 g, Fiber: 3.8 g, **Net carbs: 3.3 g,**

Protein: 7.8 g, Fat: 19.1 g, Calories: 215 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 servings)

2 cups blanched almonds (290 g/ 10.2 oz)

1 tsp sea salt to soak

2 cups water (enough to cover the nuts)

2 tsp fresh rosemary, chopped

1 1/2 tsp paprika

1/2 tsp sea salt, or to taste

Instructions

1. Soak the nuts in water and 1 teaspoon of salt for 12 – 14 hours.
2. Preheat the oven to 150 °C/ 300 °F (conventional) or 130 °C/ 270 °F (fan assisted). After soaking, drain the almonds in a sieve and rinse with clean water. Dry on a paper towel.
3. Add to baking tray and toss with the rosemary, paprika and 1/2 tsp of salt.
4. Roast in the oven for 6 hours until crunchy. Option to use a dehydrator (120 °C/ 250 °F for 12 – 14 hours). Remove from the oven and allow to cool before storing. Store in an airtight container or sealable jar for up to a month.

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