

Mark's Kitchen

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COCONUT-CURRY CASHEWS

Ready in: 35 minutes

Makes: 2 cups

Trail mix and other snacks at the stores are usually filled with sugars, so I love to make my own snacks at home. This easy to make treat from my new cookbook, [The Eat Fat, Get Thin Cookbook](#) is super tasty, and you can take it with you on the go. Enjoy!

- n 1/2 cup raisins
- n 2 cups raw cashews
- n 2 tablespoons unsweetened shredded coconut
 - n 1 tablespoon curry powder
 - n 1 teaspoon sea salt

Step 1: Put the raisins in a small bowl and cover with 3/4 cup boiling filtered water. Let soak for 30 minutes. Preheat the oven to 275°F. Line a baking sheet with parchment paper.

Step 2: Transfer the raisins and their soaking water to a blender and blend on high speed for about 45 seconds. The puree should have the consistency of a loose paste; if it's watery, pour it into a fine mesh sieve set over a bowl and let the excess moisture drain off.

Step 3: In a bowl, combine the raisin puree, cashews, coconut, curry powder, and salt and mix until well combined. Spread the mixture on the prepared baking sheet and bake, stirring every 10 to 15 minutes, until the cashews are golden brown, 25 to 30 minutes.

Step 4: Allow the cashews to cool completely and serve right away or store in an airtight container at room temperature for up to 1 month.

Nutritional analysis per serving (1/2 cup): Calories: 250, Fat: 13 g, Saturated Fat: 7 g, Cholesterol: 0 mg, Fiber: 2 g, Protein: 4 g, Sodium: 448 mg