

Tamari Almonds or Seeds or other nuts

Gently toast nuts or seeds in a low oven until golden (watch out, these burn easily). Remove from the oven, transfer to a bowl and sprinkle tamari sauce over hot nuts while stirring. The hot nuts will absorb the Tamari.

Be careful to not heat the nuts and seeds too hot and risk damaging the valuable oils.

Use as a treat and eat mostly raw or soaked nuts.