

# MAKE A GREAT PLATE.

Enjoy this well-balanced snack with a protein-packed punch.

## Crunchy Curried Edamame Snack

### INGREDIENTS

3 cups frozen shelled **edamame**

1½ tbsp **olive oil**

1 tbsp **coconut sugar**

1 tbsp **curry powder**

1 tsp **ground cinnamon**

¼ tsp **sea salt**

### DIRECTIONS

**Preheat** oven to 300°F. **Rinse** edamame under warm water in sieve. **Drain**, lay on paper towel and pat dry. **In** a medium-sized bowl, mix edamame, oil, sugar, curry powder, cinnamon and salt. **Lay** in single layer on baking sheet. **Bake** 75 minutes, stirring every 15 minutes until brown. **Let** cool and enjoy.

Makes 6 Servings. Each: 138 calories • 10g protein • 6g total fat • 11g carb • 4g sugar • 4g fiber • 76mg sodium

