

SIDE DISH

Spiced Cranberries and Almonds

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	15 min	55 min	8	\$1.74	576 kcal

If you have around 1 hour and 10 minutes to spend in the kitchen, Spiced Cranberries and Almonds might be a tremendous gluten free and lacto ovo vegetarian recipe to try. For \$1.74 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 3 cups almonds
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon maple syrup
- ☐ ¾ stick unsalted butter
- ☐ 2 cups dried cranberries
- ☐ ½ cup packed light brown sugar
- ☐ 2 teaspoons pumpkin pie spice
- ☐ ½ cup unsweetened coconut flakes

EQUIPMENT Bowl, Baking sheet, Oven, Pot

Method

- 1

Preheat oven to 350 degrees F.
- 2

Melt butter, brown sugar, and maple syrup in large pot over medium heat. Stir in cinnamon and pumpkin pie spice.
- 3

Add cranberries, almonds, and coconut flakes and stir to combine.
- 4

Spread mixture on greased cookie sheet.
- 5

Bake 20 minutes or until mixture is crunchy and lightly browned.
- 6

Transfer to a bowl when cooled and serve.

Nutrition per serving

576

KCAL

12 g

PROTEIN

39 g

FAT

54 g

CARBS

Saturated Fat

10.6 g · 66% of daily needs

Fibre

9.4 g · 38% of daily needs

Sugar

39.6 g · 44% of daily needs

Sodium

9.5 mg · 0% of daily needs

Cholesterol

22.8 mg · 8% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spiced-cranberries-and-almonds-141986