



Dehydrated Honey-Rosemary Roasted Activated Almonds



the Smart Oven® Air Fryer Pro

Breville®

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*Prep 5 minutes + 12 hours soaking, 15 minutes for the roasted almonds
Dehydrate 24 hours / Cook 8-10 minutes*



Serves 4-6



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Activated almonds:

8 ounces (225g) raw almonds

2 tablespoons kosher salt

Honey-Rosemary glaze

¼ cup (80g) honey

1 heaping tablespoon demerara sugar

1 teaspoon finely chopped fresh rosemary

1 teaspoon kosher salt

Method

1. Place almonds and salt in a bowl. Add cold tap water to cover the almonds by 1-inch (2cm). Let soak at room temperature for 12 hours to activate.
2. Rinse almonds under cold running water, then drain. Spread in a single layer on the dehydrate basket.
3. Select **DEHYDRATE/100°F (38°C)/SUPER CONVECTION/24 hours**. Place basket in rack position 4 and press **START**.
4. Dehydrate almonds for 24 hours or until dry and slightly crunchy but also spongy in the center. Almonds can be eaten plain or roasted per the following recipe.

To roast the almonds

1. Place honey in a small saucepan and heat over low heat until runny. Put activated nuts in a medium bowl and pour over warm honey. Stir to coat nuts evenly. Add sugar, rosemary and salt and stir to combine.
2. Line roasting pan with parchment paper. Spread almonds in a single layer on the roasting pan.
3. Insert wire rack into rack position 6. Select **BAKE/350°F (175°C)/CONVECTION/10 minutes** and enable **Rotate Remind**. Press **START** to preheat oven.
4. Bake for 8 to 10 minutes, rotating the pan and stirring almonds when **Rotate Remind** signals.
5. Let cool completely before storing in an airtight container.

What are activated almonds

Soaking almonds and other nuts is believed to break down the phytic acid they contain and may make them easier to digest. Nuts that have been soaked and dehydrated are called 'activated'.

To activate almonds they need to be soaked in water for 12-24 hours and then dried at a low temperature to prevent them from getting moldy.