



maple spiced nuts

These roasted sweet (thanks to maple syrup) and spicy (cayenne pepper) mixed nuts are the perfect snack.

MAKES: 2 1/2 CUPS



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ingredients

- 1 1/2 cup pecans
- 1 cup almonds
- 4 tbsp maple syrup
- 1 tsp coarse sea salt
- 1/4 tsp ground cinnamon
- 1/4 tsp cayenne pepper

directions

1. Preheat oven to 300°F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine all ingredients, mixing well. Spread nuts in single layer on prepared baking sheet and bake until golden, stirring occasionally, about 30 minutes. Cool completely before serving.

