

# Candied nuts



*Makes 2 cups*

## **Ingredients**

- 2 cups shelled raw unsalted nuts (cashews, hazelnuts, walnuts, pistachios, etc.)
- 1/4 cup pure maple syrup
- Optional spice mixture: 1/4 teaspoon each cumin, sweet paprika and sea salt, mixed together in a small bowl.

## **Directions**

Place a porcelain dinner plate in the freezer to chill, while preheating the oven to 315°F. In a medium bowl, mix together nuts and maple syrup to coat. Spread nuts in a single layer on a baking sheet and bake for 10-18 minutes, depending on the type of nuts used, or until the nuts are lightly toasted.

Remove the baking sheet from the oven and place nuts onto a chilled plate. If desired, sprinkle with spice mixture. Cool. Store in an airtight container in your pantry where, depending on humidity, they will keep two to three weeks.