# candied spiced nuts

## Family Chef: Beth Guarneri

### Original Recipe Inspiration: The Minimalist Baker (www.minimalistbaker.com)

#### Ingredients:

1 c raw pecans

1 c raw walnuts

1 1/2 tbsp melted coconut oil or olive oil

2 Tbsp coconut sugar (plus more for topping)

1 tsp ground cinnamon

1 healthy pinch cayenne pepper

1 pinch ground nutmeg

1/4 tsp sea salt

2 tbsp maple syrup (divided)

#### Instructions:

1. Preheat oven to 350 degrees.
2. Add pecans and walnuts to a bare (or parchment-lined) baking sheet (or more baking sheets if increasing batch size) and top with oil, coconut sugar, cinnamon, cayenne, nutmeg, salt, and half of the maple syrup. Toss to coat.
3. Bake for a total of 12-15 minutes, or until golden brown and fragrant, tossing/stirring once at the halfway point to ensure even cooking. Then remove from oven and immediately drizzle with remaining maple syrup. I also like to sprinkle on a little more salt and cinnamon to coat, but this is optional.
4. Stir to combine/coat and enjoy warm or let dry/cool completely on the pan (they'll crisp up as they dry/cool) before storing in an airtight container at room temperature up to 2-3 weeks (or in the freezer up to 1 month).