



## Maple-Glazed Nuts Recipe

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### Ingredients:

- 2 cups mixed nuts (or use just one type — pecans work especially well)
  - ¼ cup **pure maple syrup**
  - 1 tablespoon **butter** or **coconut oil** (optional for richness)
  - ½ teaspoon **vanilla extract**
  - ½ teaspoon **ground cinnamon** (optional but recommended)
  - ¼ teaspoon **sea salt**
  - Pinch of **cayenne pepper** or chili flakes (*optional, for a sweet-heat combo*)
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### Instructions:

1. **Preheat oven** to 325°F (160°C). Line a baking sheet with parchment paper.
  2. In a medium saucepan over medium heat:
    - Add the **maple syrup**, **butter/oil** (if using), **vanilla**, **cinnamon**, **salt**, and **cayenne**.
    - Stir until melted and slightly bubbling (about 1–2 minutes).
  3. **Add nuts** to the pan and stir to coat them evenly.
  4. **Spread nuts** on the prepared baking sheet in a single layer.
  5. **Bake** for 15–20 minutes, stirring halfway through, until nuts are golden and fragrant.
    - Keep a close eye on them during the last 5 minutes to avoid burning.
  6. **Cool completely**: They'll be soft when they come out but will crisp up as they cool.
  7. **Store** in an airtight container at room temperature for up to 2 weeks.
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### **Flavor Variations:**

- **Smoky-sweet:** Add a touch of smoked paprika.
- **Maple-rosemary:** Add 1 tsp chopped fresh rosemary to the maple mixture.
- **Maple-espresso:** Stir in ½ tsp instant espresso powder for depth.