

Maple Glazed Walnuts

¼ cup raw walnuts
2 teaspoons maple syrup
pinch of salt
pinch of cayenne.

Preheat oven to 350 degrees. And line a sheet pan with parchment paper.
Toss the walnuts with the syrup, salt, and cayenne until evenly coated.
Bake for 7 to 10 minutes, until aromatic and slightly browned. Let cool to room temperature, then use a metal spatula to loosen the nuts.
Variations: For extra kick, add orange zest.
Storage: refrigerator for two weeks, freezer for 2 months.

Kathleen

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