

# Maple Crusted Pecans

## HolisticQ signature recipe

Since natural sweeteners are a topic this week, we thought it would be the perfect time to introduce our maple crusted pecans to curb the sweet tooth with a healthy snack!

\*It is a must to use parchment paper to line a large baking sheet to prevent sticking.

1/3 cup pure maple syrup  
2 tablespoon coconut oil melted  
1 teaspoon vanilla extract  
1/2 teaspoon cinnamon  
1 teaspoon salt  
4 cups pecan halves (walnuts can substitute)

Preheat oven to 325° and line your baking sheet with parchment paper.

Combine all ingredients except for pecan halves in a large mixing bowl and whisk until blended. Add the pecan halves, and stir to completely coat. Dump the contents onto your lined baking sheet in a single layer. Bake on middle oven rack for 10 minutes, remove, stir and bake another 5 minutes. Repeat stirring for 2 more 5 minute intervals for a baking time total of 25 minutes. The syrup will be completely absorbed by the pecans.

Remove from oven and separate the nuts from sticking together before they cool. Once cooled the pecans will not be sticky to touch. We store ours in a cookie jar.

Caution: Impossible to have just one!!!