

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Candied Coconut Walnuts

From *Paleo Indulgences* by Tammy Credicott

It may be a challenge to find the large coconut flakes at the local grocery stores. Try Whole Foods or Nutrition Stop in St. Peters. I get mine through a food co-op called Azure Standard. You can get more information at www.azurestandard.com. I like this co-op because there is no fee to join and you do not have to order everything in bulk. You just need to place a \$50 minimum order. They deliver once a month and have a handful of drop points in the area.

Makes about 1 ½ cups

1/3 cup pure maple syrup
1 cup raw walnuts, coarsely chopped
½ cup unsweetened coconut flakes
½ tsp pure vanilla extract

1. Preheat the oven to 350° F.
2. Place all ingredients in a small bowl and toss to coat well with syrup.
3. Pour the mixture onto a parchment-lined baking sheet and spread evenly.
4. Bake 15-20 minutes, or until golden brown and bubbling and the coconut flakes are toasted.
5. Cool completely on trays placed on a wire rack.
6. Break into pieces. Store in an airtight container up to 1 week.

NOTE: If you can't eat nuts, try using raw pumpkin seeds instead!