

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Maple Vanilla Candied Walnuts

From Juli Bauer's Paleo Cookbook

2 cups raw walnuts
1/3 cup maple syrup
1 tsp vanilla extract
Pinch of fine sea salt
1/2 cup coconut sugar
1/4 tsp ground cinnamon

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a large bowl, toss the walnuts, maple syrup, vanilla extract, and salt. Pour the coated walnuts onto the lined baking sheet and spread them out evenly.
3. Bake for 20 minutes, turning the nuts every 5 minutes to keep them from burning. After 20 minutes, the walnuts should be fragrant and golden brown.
4. While the nuts are roasting, mix together the coconut sugar and cinnamon in a large bowl.
5. Add the roasted walnuts to the bowl with the coconut sugar mixture and toss until well coated. Spread out on the baking sheet and let cool before eating.