

candied nuts for summer salads

ingredients

1 C any unroasted and salted nut

2-3 T maple syrup, honey or agave

1/2 tsp. cinnamon
salt

directions

Mix everything together. Sprinkle over salads. You may also dry these on a sheet pan in the oven on 250° until they are dry to the touch. A dehydrator can also work for drying the nuts out.



a gentler and *happier* approach to health