



1 c. pecans or walnuts
2 t. olive oil
2 t. maple syrup
1/4 t. sea salt
2 light shakes cayenne pepper (optional)

Heat olive oil in a saute pan over medium-low heat. Add the nuts and remaining ingredients. Heat and stir continuously for about five minutes until all of the liquid is absorbed and the nuts are shiny. Turn off the heat and slide them onto a piece of aluminum foil to cool. Serve on salads, or snack on them.

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