

# Maple Candied Walnut

*Your family will love these slightly sweet and crunchy snacks made with maple and walnut...totally addictive!*



Again, I see myself stuck with lots and lots of walnut...yes, they are from Costco, so in order to make them more attractive I coated them with a layer of sweet using maple syrup. They turned out delicious, crunchy and slightly sweet. These walnuts are great by itself or on top of any salad.

## ***Ingredients:***

- 1/3 cup maple syrup
- 1/3 cup sugar
- 4 cups walnuts (approximately 14oz)
- ¼ teaspoon salt

1 teaspoon vanilla extract  
1 teaspoon ground cinnamon





**Method:**

Preheat oven to 300F.

In a small pan, place the maple syrup, brown sugar, salt, and cinnamon. Turn the heat to medium low until all the sugar is dissolved. Remove from the heat and add the vanilla extract, stir gently.

Pour the maple syrup mixture over the walnut. Spread the walnut on the silicone liner, making sure that the walnuts are not clustered. Bake for approximately 25 to 30 minutes.

Remove from the oven. Let it cool completely and store in an air tied container.

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If you like this simple recipe for Maple Candied Walnut you might want to check on Roasted Cinnamon Almonds.

### Curiosity Corner

Did you know that consumption of walnuts has been well evaluated for the wellbeing of the heart? It has been published in many studies that walnut can lower your overall cholesterol and LDL (bad cholesterol).

***Thank you for stopping by Color Your Recipes...have a colorful day!***