



Spicy Maple Nuts

Recipe By MICHAEL MCMURTREY

SERVES: 6-8

INGREDIENTS:

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| <input type="checkbox"/> 3 cups raw nuts (cashews, almonds, pecans, etc.) | <input type="checkbox"/> ½ tsp. black pepper |
| <input type="checkbox"/> 1 tsp. salt | <input type="checkbox"/> ½ tsp. allspice |
| <input type="checkbox"/> ½ tsp. smoked paprika | <input type="checkbox"/> ½ tsp. cayenne, <i>adjust to your desired heat level</i> |
| <input type="checkbox"/> ½ tsp. ground nutmeg | <input type="checkbox"/> 4 tbsp. light brown sugar |
| <input type="checkbox"/> 2 tsp. ground cinnamon | <input type="checkbox"/> 4 tbsp. aquafaba* (or 2 egg whites) |
| | <input type="checkbox"/> 4 tbsp. real maple syrup |

DIRECTIONS:

- ☐ 1. Preheat oven to 300°F.
- ☐ 2. Mix all spices and sugar together in a bowl.
- ☐ 3. In a large mixing bowl, whisk the aquafaba (or egg whites) with 2 tbsps. of the maple syrup until foamy.
- ☐ 4. Pour your nuts into the bowl and toss well to coat all the nuts.
- ☐ 5. Pour all but 2 tbsps. of the spice and sugar mixture into the bowl; stir to coat all the nuts well.
- ☐ 6. Pour the nuts onto a sheet pan. Be careful not to overcrowd the pan.
- ☐ 7. Bake for 15 minutes.
- ☐ 8. Remove the sheet pan and pour over the remaining 2 tbsps. of maple syrup and 2 tbsps. of the sugar and spice mixture. Toss the nuts well until they are well coated.
- ☐ 9. Place the sheet pan back in the oven for another 15-20 minutes.
- ☐ 10. Remove the pan and let cool in a warm/dry location. Once they cool, the nuts will become crunchy.

**Aquafaba is the liquid in a can of garbanzo beans (the stuff you usually pour down the sink). That magical liquid is a great substitute for egg whites. Whether you're out of eggs or the people you're cooking for are allergic to eggs, the protein and starches in aquafaba can make egg-free meringues, cakes, mayonnaise, and more. And don't worry about your food tasting like beans, that flavor cooks away.*

CONVERSION: 1 egg white = 2 tbsps. of aquafaba, 1 whole egg = 3 tbsps. of aquafaba

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