



Maple Roasted Pecans

Serves 8

4 cups (400g) raw pecans
3 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. salt

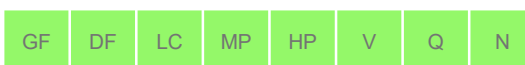
What you need to do

Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.

Place the pecans, maple syrup, ground cinnamon, and salt into a large bowl and mix ensuring the pecans are fully coated. Pour onto the baking tray and spread in a single layer across the baking paper.

Place the tray into the hot oven and roast the nuts for 10 minutes.

Remove the tray from the oven and cool for 10 minutes before transferring into an airtight container.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	366	36	12	5

*Nutrition per serve

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