

## Maple Pecan Snack

### Ingredients:

3 Tbsp 100% maple syrup  
¼ tsp salt  
¼ tsp pepper  
2 cups raw pecan halves  
¼ - ½ cup dried cranberries or raisins



### Directions:

Preheat oven to 350°  
Line cookie sheet with parchment paper.  
In bowl, stir together maple syrup, salt and pepper.  
Add nuts, stir to thoroughly coat nuts with syrup mixture.  
Spread nut mixture on cookie sheet in single layer.  
Bake in preheated oven for 6 minutes.  
Add dried fruit to cookie sheet, stir into nut mixture.  
Bake additional 6 minutes.  
Take cookie sheet out of oven, stir mixture again.  
Let mixture sit on parchment paper until room temperature.  
Store in sealed container.



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Yummy, crunchy snack.  
Costco (in the baking aisle) is a great place to purchase 2 lb packages of raw pecans.

Nutrition values approximate:

Item Description	Serving Size	Calories	Fat	Carb	Fiber	Sugar	Protein
Pecan Snack w/dried cranberries	10 Pecans	160	15	8	2	5	2