



Vegan Spiced Nuts

PREP: 10 MIN • COOK: 20 MIN

Ingredients

- 12 tablespoons aquafaba
- 1/4 teaspoon vanilla extract
- 8 oz pecans - about 2 cups
- 1/3 cup maple syrup
- 1 1/2 teaspoons cinnamon
- 3/4 teaspoon salt
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg

Method

1 Preheat oven to 300°F.

2 Place cinnamon, salt, ground cloves and ground nutmeg in a large sealable bag and shake to mix.

3 Put aquafaba and vanilla in a bowl and beat until foamy. Slowly add maple syrup and blend an additional 30 seconds.

Add pecans and coat well. Lift pecans out of bowl with a slotted spoon and put into the bag of spices. Shake pecans in bag making sure they are well coated.

4 Bake 30 minutes on a baking pan lined with uncoated parchment paper. 15 minutes into the baking, stir up the pecans with a fork. Let cool completely before serving.

