



### MAPLE SUGAR AND SPICE PECANS

Preheat oven to 225 (convection) or 250 (conventional).

In medium bowl, beat **one egg white** with **1 tablespoon water**.

In a larger bowl, mix together **1/2 cup maple sugar**, **1/2 teaspoon salt**, **1/2 teaspoon cinnamon**, **1/4 teaspoon cloves**, and a **pinch of cayenne pepper**.

Toss **1 pound of raw pecan halves** in the egg mixture. Stir until evenly coated.

Transfer to sugar mixture and toss thoroughly.

Spread nuts on baking sheet with rim. Bake 44-48 minutes (convection) or 50-60 minutes (conventional), stirring every 10-12 minutes. Remove them from the oven when they have the desired amount of crunch. Cool in the pan.

I don't know whether maple sugar is available in regular grocery stores. I find it at my local natural foods store.

Happy Holidays

Merry Christmas

From

AudKnits