



## sugar, spice 'n everything nice //

One of Kate's favorite holiday snacks.

makes 2  $\frac{1}{2}$  cups

### by-hand preparation /

Heat oven to 375° F. Line baking sheet with aluminum foil. Lightly grease foil, and set baking sheet aside.

In a small bowl, combine maple syrup, sea salt, cinnamon, and cloves. In another small bowl, beat egg until frothy, about 30 seconds with an electric mixer. Add spice mixture to egg and stir with a rubber spatula to combine. Stir in pecans and raisins and toss until evenly coated.

Spread pecan mixture on baking sheet in a single layer. Bake for 15 minutes, until nuts and raisins are browned, not burned, stirring and rotating pan one-quarter turn every 5 minutes. Cool completely before eating.

Don't bother with store bought, canned nut mix or a jar full of preservatives, oils, and trans-fats. This is an easy recipe that can be easily adapted to meet your flavor profile. The raisins give an extra crunch, sweetness, and chew to the mix.

Adapted from "petit appetit" by Lisa Barnes

### organic ingredients /

1 tablespoon plus 1 teaspoon

raw maple syrup

$\frac{1}{4}$  teaspoon sea salt

$\frac{1}{2}$  teaspoon ground cinnamon

$\frac{1}{8}$  teaspoon ground cloves

1 large pasture raised egg

1- $\frac{1}{2}$  pecan halves

1-cup organic golden raisins

### optional additions /

1 tbsp flax seeds

### optional substitutions /

mix things up a bit—try cashews & unsweetened raisins, or get creative and choose your own festive combination!

#### NUTRITION FACTS

**Serving Size**

3 tablespoons (28g)

**Calories** 130

**Calories from Fat** 80

**Total Fat** 9g

**Saturated Fat** 1g

**Trans Fat** 0g

**Cholesterol** 15mg

**Sodium** 50 mg

**Total Carbohydrate**

12g

**Dietary Fiber** 2g

**Sugars** 10g

**Protein** 2g