

Maple Lavender Glazed Nuts

Preheat Oven to 350 degrees

Ingredients and directions:

4 cups of unsalted assorted nuts- spread onto a sheet pan with parchment paper

In a small bowl-

1/2 tsp Lavender buds (chopped)

Tbspn brown sugar

1/2 tsp cayenne pepper

2 tsp flaky salt

1 tsp cinnamon (ground)

Mix 5 spice mix ingredients above, put on aside.

Melt:

2 Tbspn butter

2 1/2 T maple syrup

Toss nuts using wooden spoons with the maple/butter coating then sprinkle and mix the spice/herb mix.

Bake for 7 minutes, stir, and bake another 8 minutes.

Allow to cool, store in air tight container.

Provided courtesy of Fair Winds Lavender, Jamestown TN