

Spiced Holiday Nuts

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-nut-bread-recipe>

Ingredients:

- 6 cups nuts I use 2 cups each of pecans, almonds and cashews
- 3 tablespoons butter or coconut oil, melted
- 1/2 cup pure maple syrup
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon sea salt

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 15 milligrams
4. Fat: 80 grams
5. Fiber: 15 grams
6. Protein: 32 grams
7. SaturatedFat: 10 grams
8. Sodium: 280 milligrams
9. Sugar: 24 grams

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