

Yield: 20 servings

## Holidays Nuts Mix

This Spicy Maple Nut Mix Recipe is a typical treat for the Midwest. The recipe makes a great holiday gift for family and friends but also a great snack all year round. Use any mixture of nuts you prefer and good quality maple syrup.



Prep Time	Cook Time	Total Time
5 minutes	20 minutes	25 minutes

### Ingredients

- 4 cups mixture of favorite nuts almonds, cashews, walnuts, pecans, peanuts, cashews etc
- ¼ cup maple syrup
- 2 Tbsp honey
- ½ tsp sea salt kosher works well too
- 1 tsp crushed red pepper flakes
- ⅛ tsp cayenne pepper
- 2 Tbsp extra virgin olive oil

### Instructions

1. Preheat oven to 350F.
2. Line a sheet pan with parchment paper and spread nuts over the pan.
3. Toast in oven for 10 minutes.
4. While nuts are toasting, make syrup mix by combining maple syrup, honey, salt, chile flakes and cayenne in small saucepan.
5. Stir over medium-high heat.
6. Add olive oil and whisk to emulsify.
7. Turn off heat.
8. Let sit for 5 minutes to steep flavors out of the spices.

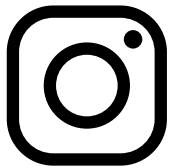
9. Pour mix over roasted nuts. Mix well in the pan. Return coated nuts to oven and roast another 10 minutes, stirring after 5 minutes.
10. Remove and cool on pan.
11. Once cool, break up into small clusters.
12. Store in ziplock or airtight container for up to 2 weeks.

**Nutrition Information: Yield: 20 Serving Size: 1**

*Amount Per Serving:* Calories: 195 Total Fat: 16g Saturated Fat: 3g Trans Fat: 0g

Unsaturated Fat: 13g Cholesterol: 0mg Sodium: 133mg Carbohydrates: 10g Fiber: 2g Sugar: 5g

Protein: 5g



**Did you make this recipe?**

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**Cuisine:** American / **Category:** Appetizers

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