



Pumpkin Pie Spiced Pecans

2 servings

15 minutes

Ingredients

- 1/2 cup Pecans
- 2 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 tsp Pumpkin Pie Spice

Nutrition

Amount per serving	
Calories	190
Carbs	8g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	296mg
Vitamin A	15IU
Vitamin C	0mg
Calcium	27mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a bowl, toss together all the ingredients. Transfer to the baking sheet and spread evenly. Bake for five minutes, remove from the oven and stir, then bake for another five minutes.
- 3 Let the pecans cool down before serving and enjoy!

Notes

Leftovers: Store in an airtight container for up to two weeks.

Serving Size: One serving size is equal to 1/4 cup pecans.

Additional Toppings: Top with flakey salt.