

Maple Pumpkin Trail Mix

Ingredients

- 1/4 cup pure maple syrup
- 1 1/2 tsp pumpkin pie spice
- 1/8 tsp sea salt
- 2/3 cup pecan halves
- 1/3 cup pepitas or roasted pumpkin seeds
- 1/3 cup sunflower seeds
- 1/3 cup sliced almonds
- 1/3 cup dried cherries
- 1/3 cup dried apricots
- 1/4 cup golden raisins
- 1/3 cup cinnamon chips optional

Directions

1. Line a baking sheet with parchment paper. Set aside.
2. Add maple syrup to a large sauce pan and heat over medium-high heat until just beginning to boil.
3. Stir in pumpkin pie spice, salt, and nuts and cook, stirring frequently, until the nuts have caramelized and the syrup has reduced. About 3- 5 minutes.
4. Spread mixture in an even layer on the prepared baking sheet and let cool completely. The candied nuts will harden as they cool.
5. Once hardened, add the cherries, apricots, raisins and cinnamon chips to the pan, and stir until ingredients are evenly distributed, breaking the candied nuts into clusters as needed.
6. Store in an air-tight container.



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Tantalizing Fall Delight!*