

Smoky Maple Walnuts

Ingredients:

- 2 c. walnuts
- 1/3 c. maple syrup
- 1 t. liquid smoke, optional
- 2-3 T. soy sauce or alternative
- Kosher salt or salt flakes for sprinkling on top

Directions:

Preheat oven to 350.

Combine all ingredients except for the salt in a large skillet on medium high heat.

Cook until the syrup starts to stick to the walnuts and they look glossy, stir often.

Pour the walnuts onto a parchment lined baking sheet or use a silicon mat on a baking sheet.

Sprinkle lightly with salt, if desired.

Place in the oven for 5-10 minutes, stirring occasionally to keep from sticking.

Let cool for about 15 minutes and then break apart and serve or place into an airtight container for up to a week.