# **Candied Nuts**

## **Ingredients**

* 1 cup Pecans or Walnuts
* 1 tablespoon extra virgin olive oil
* 2 tablespoons maple syrup
* 1 teaspoon dijon mustard
* pinch of sea salt

**Directions**

1. Preheat the oven to 375 degrees F.

2. Place pecans, olive oil, maple syrup, dijon mustard and the pinch of sea salt into a pie plate and mix together.

3. Bake in the oven for about 10 to 12 minutes.

4. Let cool slightly, and then rove from the pic plate and place on a plate to cool