

Almond Clusters, Cinnamon, Maple, Sea Salt

Serving Size: ¼ cup

Makes 12 servings

Ingredients:

2/3 cup pure maple syrup
2 tbsp canola oil
1 tbsp ground cinnamon
3 cup almonds, whole
as needed cooking spray
1 1/2 tsp sea salt

Preparation:

1. Whisk together maple syrup, canola oil and cinnamon.
2. Toss mixture with almonds until evenly coated.
3. Coat a sheet tray with pan spray and spread almonds in an even layer. Bake at 325°F for 10 minutes. Toss with a silicone spatula and bake for another 10-15 minutes or until golden brown.
4. Let cool for 15 minutes and sprinkle sea salt over top. Place sheet tray in the freezer for about 30 min to fully set.
5. Break into clusters.

NUTRITION FACTS

PER SERVING

calories	240
total fat (g)	18
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	250
total carbohydrate (g)	17
dietary fiber (g)	4
sugar (g)	11
protein (g)	7



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