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**Maple Snack Mix**

* 2 C pumpkin seeds
* 1 C slivered almonds
* 1 C unsalted sunflower seeds
* 1 C dried cherries, blueberries, craisins or raisins (your choice)
* 6 Tbsp Misty Maples Sugar House maple syrup

Mix all seeds with 6 Tbsp real maple syrup. Spread on cookie sheet sprayed with non-stick spray. Bake at 300 for 20 minutes or until lightly toasted. Let cool and break up in clumps. Mix in dried fruit. Store in an air-tight container. Enjoy!

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**Maple Apple Glazed Blondies**

* 1-1/3 C packed brown sugar
* 1/2 C butter, melted and cooled
* 1/2 C Misty Maples Sugar House maple syrup
* 2 tsp vanilla extract
* 2 large eggs, room temperature
* 2 C all-purpose flour
* 3/4 tsp salt
* 1/4 tsp baking soda
* 3 C chopped peeled WHFF apples (about 3 medium)
* GLAZE:
* 1/4 C butter, cubed
* 1/2 C Misty Maples Sugar House maple syrup
* 1/4 C packed brown sugar

Preheat oven to 350°. Line a 13x9 in. baking pan with parchment, letting ends extend up sides. In a large bowl, beat brown sugar, melted butter, syrup and vanilla until blended. Beat in eggs. In another bowl, whisk flour, salt and baking soda; gradually beat into brown sugar mixture. Stir in apples (batter will be thick). Transfer to prepared pan. Bake 25-30 minutes or until golden brown and a toothpick inserted in center comes out with moist crumbs. Meanwhile, in a small saucepan, melt butter over medium-low heat; stir in syrup and brown sugar. Bring to a boil over medium heat; cook and stir 2-3 minutes or until slightly thickened. Remove from heat; cool slightly. Pour glaze over warm blondies. Cool completely in pan on a wire rack. Cut into bars. Enjoy!