

Cleo Coyle's Wet Walnuts

Maple-Walnut Caramel Topping for Ice Cream, Yogurt, Baked Apples, Oatmeal, and more...

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Natural maple syrup is transformed during the cooking process of this recipe, and the resulting sauce tastes like caramel—but a caramel that's made without butter, cream, or refined white sugar. Use the freshest walnuts you can find and you'll be happy with the results. After making a large batch of Wet Walnuts, I keep them in small jars, where I can quickly dip in a spoon and drizzle with joy. In my full blog post, I also share a recipe for a fast, healthy breakfast—a P&P (pro- and prebiotic) elixer. To learn more and get that recipe, [click here](#)...and may you eat with joy and in good health! ~ [Cleo](#)



Makes about 1-1/2 cups

- 1 cup roughly chopped walnuts
(*for toasted nuts, see my note on page 2)
- 1 tablespoon cornstarch
- 1 tablespoon hot tap water
- 1/4 teaspoon kosher salt (or 1/8 teaspoon table salt)
- 1-1/2 cup pure maple syrup (**see my note on page 2)
- 1 teaspoon vanilla (***)or see other flavor options in my note on page 2)

Step 1 - Prep Ingredients: In a small bowl, whisk together the corn- starch, hot tap water, and salt. Use a fork or small whisk and work the mixture until you see no lumps. Set aside. If you would like toasted nuts, then see my note at the end of this recipe and toast the nuts now.

Step 2 - Cook the syrup: During this step, the syrup will bubble up quite a bit, so be sure to use a large, heavy saucepan (see my photo). Pour the syrup into the pan and bring it to a boil over medium-high heat, stirring occasionally to prevent burning. When the syrup bubbles up, turn the heat down, and simmer for one full minute while continuing to stir. After a full minute, stir in the cornstarch mixture that you made in Step 1. Turn up the heat and bring

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the mixture to a boil again. Boil and continually stir for a full minute. Turn off the heat and take the pan off the hot burner.

Step 3 - Remove from heat and finish:

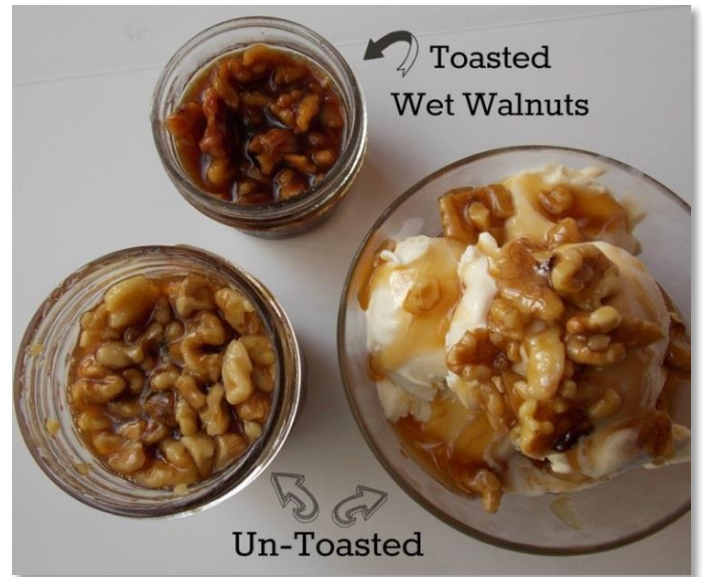
For best results, make sure the sauce is well off the boil before you stir in the vanilla or rum or liqueurs. (You don't want to boil off the flavoring!) Finally, stir in the chopped nuts. The syrup will thicken as it cools but will remain pourable right from the refrigerator. If chilled sauce becomes hard, simply re-heat in a pan or microwave and stir in a few teaspoons of water before returning to the storage container and the fridge.

Drizzle over ice cream, yogurt, oatmeal, baked apples, grilled peaches, pound cake, puddings, pancakes, waffles, even fruit pies, especially apple.

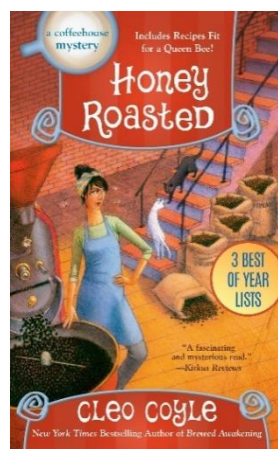
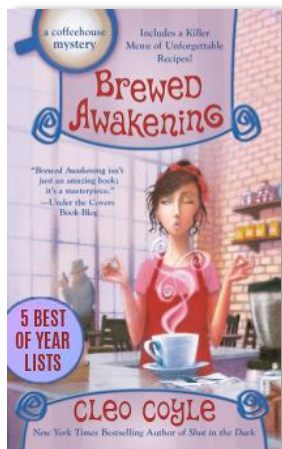
***TOASTING NUTS:** If you enjoy the flavor of toasted nuts. Spread the chopped walnuts on a single layer of a baking sheet and heat for 10 minutes in an oven preheated to 350 F. Stir once about halfway through to prevent burning. Proceed with the recipe as written.

****PURE MAPLE SYRUP** has one ingredient on the bottle—maple syrup. Do not use "pancake syrup" or "maple-flavored syrup" for this recipe; those products are artificial imitations of real maple syrup, which is made by boiling down maple tree sap. Look for Grade A, Medium or Dark Amber for this recipe.

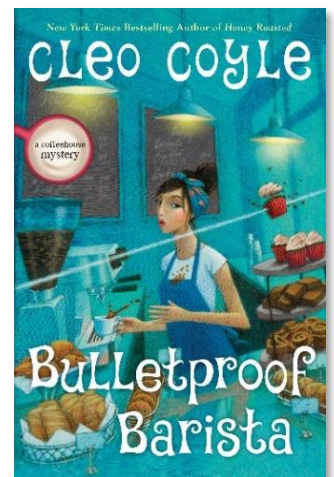
*****FLAVOR OPTIONS:** 1 tablespoon dark rum; Frangelico (hazelnut liqueur); Amaretto; or (if you can find it) [Nocino](#) (green walnut liqueur).



Eat with joy! ~ Cleo



The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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