

# CANDIED SPRUCE TIPS

## INGREDIENTS:

- Spruce tip syrup (see included recipe)
- 1 cup spruce tips, whole
- 1/2 cup granulated sugar

## DIRECTIONS:

1. After straining the spruce tip syrup, and before refrigerating it, add 1 cup whole spruce tips and slowly bring to a boil. Simmer for 2 minutes. Turn off the heat and let the spruce tips cool in the syrup.
2. Strain the syrup, put in a sterilized container, and refrigerate until ready to use. Thoroughly remove any remaining spruce tips.
3. In small batches, toss the damp spruce tips in granulated sugar to coat and spread the candied spruce tips out on waxed paper to dry. When the candied spruce tips are dry (this may take several days), put them in an airtight container, and refrigerate until ready to use.

## Nutrition Facts

Serving Size 2 cups (88g)  
Servings Per Container

Amount Per Serving

**Calories 240**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 5mg**      **0%**

**Total Carbohydrate 73g**      **24%**

Dietary Fiber 0g      **0%**

Sugars 72g

**Protein 0g**

**Vitamin A 20%**      • **Vitamin C 8%**

**Calcium 2%**      • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

