



cara price

SPICY CANDIED PECANS

INGREDIENTS

2 c pecan halves
1/2 cup maple sugar
1/4 cup coconut sugar
2 tablespoons ghee, butter or vegan butter, melted
1 tablespoon + 1 teaspoon coconut aminos
1 teaspoon salt
1 teaspoon pepper
1/2 teaspoon cumin
1/4 teaspoon cayenne pepper
1/4 teaspoon smoked paprika

DIRECTIONS

preheat the oven to 350.

place pecan halves in a large glass or stainless bowl. pour the melted ghee/butter over them & stir well.

combine the sugars, salt, pepper, cumin, cayenne pepper & smoked paprika together in a medium size bowl or measuring cup.

pour the sugar combination over the pecans & stir well. then drizzle the coconut aminos over the pecans & stir again until all the sugar is dissolved.

line a basic (not non-stick) cookie sheet with parchment paper. place the pecans in a single layer on the parchment.

bake 8 minutes. when you remove the pecans the sugar will have melted & formed a candy coating.

leave the pecans on the cookie sheet 1 hour to cool.

once they are completely cooled break them apart & serve as desired.