



cara price

PUMPKIN PIE SPICED PECANS

INGREDIENTS

- 3 cups pecan halves
- 1 tablespoon olive oil
- 1 teaspoon vanilla
- 12 drops clear liquid stevia
- 1teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

DIRECTIONS

preheat oven to 350.

place pecans in a large glass bowl. pour the olive oil, vanilla & stevia over them & stir to coat.mix the spices in a small bowl. working in batches, sprinkle about a fourth of the spice mixture over the nuts & stir well. repeat this process until all the spice mixture is gone.

you want to do this in steps so it will blend well & not get clumpy on the nuts.

line a cookie sheet with parchment paper & lay pecans in a single layer.

bake 8-10 minutes. allow to cool completely before enjoying. store at room temperature, in an airtight container, for up to 2 weeks.