

Sweet & Savory Spiced Pecans

Vegan-friendly

Ingredients:

- 1 T. fresh rosemary leaves, finely chopped
- 2 t. ground cinnamon
- 1 t. ground cardamom
- $\frac{3}{4}$ t. allspice
- $\frac{1}{2}$ t. ground cloves
- $\frac{1}{4}$ t. ground cayenne
- $\frac{1}{2}$ t. fine sea salt
- $\frac{1}{4}$ t. black pepper
- $\frac{1}{4}$ c. coconut oil
- $\frac{1}{2}$ c. real maple syrup
- 4 c. whole pecans
- $\frac{1}{4}$ c. raw cane or other large grain sugar, for dusting

Directions:

1. Place top oven rack in the center position and pre-heat oven to 350°F. Line a large, rimmed baking sheet with parchment paper or a Silpat™ baking mat. Set aside.
2. Combine rosemary, cinnamon, cardamom, allspice, cloves, cayenne, salt, and black pepper in a small bowl. Stir to combine and set aside.
3. Add coconut oil to a small skillet set over medium heat. When melted, add the maple syrup and stir to combine. Heat for 1 minute or until heated through. Remove from heat and set aside.
4. Place pecans in a large bowl and pour the warm maple syrup mixture on top. Add the spice mixture and stir until the pecans are completely coated in both.
5. Transfer the coated pecans to the prepared baking sheet and spread into a thin, single layer without overcrowding. Place the baking sheet in the pre-heated oven and bake for 30 minutes, giving the pecans a good stir after 15 minutes.
6. Remove from oven and cool for 5-10 minutes. Sprinkle half the coarse sugar on top and stir to combine. Repeat with the remaining sugar and cool completely. Serve immediately or store in an airtight container for 2-3 weeks. Enjoy!



natural
awakenings

Prep time: 10 minutes

Cook time: 35 minutes

Yields 4 cups