

## Sweet & Spicy Pecans ~ Sarah Roberts

**Why I Make These:** Packed with anti-oxidants, fibre and protein, I love pecans for their chewy texture and earthy taste.

If I'm in a hurry and I want a sweet and salty snack, an easy addition to trail mix, a topper for some Greek yogurt, or a yummy add-in to a salad, I look no further than these fast & easy pecans!

### INGREDIENTS

- 1.5 Cups raw pecans
- 1 teaspoon cinnamon
- 1/4 teaspoon turmeric
- 1/4 teaspoon cumin
- 1/4 teaspoon cayenne pepper (or more or less, depending on your desired level of spice)
- 1/4 teaspoon salt
- A few cracks of black pepper
- 1 teaspoon coconut oil
- 1 tablespoon maple syrup

### INSTRUCTIONS

1. Prepare your baking sheet with parchment and set aside
2. Combine the spices in a small bowl
3. Heat your frying pan or cast iron skillet over medium heat. Once hot, add in the raw pecans.
4. Using a spatula, keep them moving, allowing them to roast for about 5 minutes. You want them to darken slightly and smell fragrant, but not burn.
5. Add in the coconut oil and stir to coat the nuts.
6. Add in the spice blend (stand back a bit as the cayenne can make you sneeze!) and stir to coat the nuts. Allow the spices to "bloom" for a few moments.
7. Create a space in the middle of the pan and add in the maple syrup (it will sizzle!!), then move quickly with your spatula to coat the nuts evenly. Allow to cook for a few moments and then transfer the nuts to your baking sheet.
8. Arrange the pecans in a single layer and allow them to cool. Enjoy!

**Note:** Allow them to cool completely before storing in a glass jar or Ziploc container.