

Caramelized Pecans

Ingredients

2 cups pecans
1 tablespoon agave or maple syrup
¼ cup brown sugar
½ teaspoon cinnamon
1 pinch fleur de sel

Method

1. Preheat the oven at 325 F and line a baking sheet with a silicon mat or spread with avocado or coconut oil.
2. Place the pecans in a bowl, add the syrup, brown sugar, cinnamon, and salt. Toss until well combined and pour on top of the lined baking sheet.
3. Spread the nuts over the baking sheet and bake for 12-15 minutes until caramelized and golden brown.
4. Remove from the oven and allow to cool before touching them. If they start to cluster you can separate them with the help of a spatula to prevent from burning your hands.
5. Keep in an airtight container in your pantry.

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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