

# Recipe

## CANDIED COCONUT & CINNAMON PECANS



### INGREDIENTS

2 cups (280 g) pecans, or sub your nut of choice  
2 Tbsp (30 mL) maple syrup (or sub agave syrup)  
2 Tbsp (20 g) unsweetened shredded coconut  
1 Tbsp (15 mL) coconut oil, melted  
1/8 tsp ground cinnamon  
1/4 tsp salt

► ▷ Vegan, gluten-free

**Yield:** 2 cups

**Prep Time:** 5 min

**Cook Time:** 10 min

**Total Time:** 15 min

### DIRECTIONS

1. Preheat oven to 350 F/ 180 C.
2. Mix maple all ingredients, except for the pecans, together in a medium bowl. Then add in the nuts and toss to combine. Place on a baking sheet covered with baking paper and roast for 5 minutes.
3. Then remove from the oven, stir, and roast for another 5-7 minutes, or until fragrant. **Note:** the nuts continue to cook a little even after taken out of the oven and the mixture may still look wet but it will harden as it cools; so be careful not to over-cook them. Allow to cool fully before storing in an air-tight container.

### NOTES

1. **Variations:** use any other type of nuts or sprinkle on some coconut sugar at the end if you like it sweeter!
2. **Storage:** store in an air-tight container on the counter for up to 2 weeks; store in the freezer for up to one month.

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