



# Ashley's Meal Prep Monday!



## Candied Pecans

### INGREDIENTS

2 cups pecan halves

6 TBSP coconut

sugar

1 1/2 TSP cinnamon

1/2 TSP sea salt

1/2 TSP vanilla

1 1/2 TBSP water

2 TSP orange zest -

optional

Line a baking sheet with parchment paper. Add the coconut sugar, cinnamon, salt, vanilla, water and orange zest to a medium skillet. Place the skillet over medium heat and cook, stirring often, until the sugar melts into a bubbling sauce - about 1 minute.

Stir in the pecans so that the sugar sauce coats them completely. Cook, stirring the entire time, until the pecans look candied and smell nutty - about 3 minutes. As the pecans heat up in the pan, the sauce will slowly coat them and turn shiny. Watch closely so that they do not burn.

Transfer the candied pecans to the prepared baking sheet and spread them out into one layer. Allow to cool and break them up before serving.

If the pecans are too sticky, heat oven to 325 and bake for 5-10 minutes to help harden the coating.

Recipe: [inspiredtaste.net](http://inspiredtaste.net)

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