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Sweet and Spicy Pecans

This sweet and spicy holiday recipe can be enjoyed as a snack, appetizer or sweet treat.

Prep: 10 min

Cook: 1 hr 10 min

Yield: 4 cups (1,000mL) of nuts

INGREDIENTS

1 large egg white

2 cups (500mL) unsalted pecan halves

2 cups (500mL) unsalted roasted cashews

½ cup (125mL) sugar

1 Tbsp (15mL) ground cumin

¾ tsp (3.5mL) cayenne pepper

1 tsp (5mL) ground cinnamon

½ tsp (2.5mL) Kosher salt

DIRECTIONS

Preheat oven to 250° F (120° C). Beat the egg white with 1 tablespoon water in a large bowl until foamy. Add nuts, sugar, cumin, cayenne, cinnamon and ½ teaspoon salt and mix well.

Spread the mixture on a parchment-lined baking sheet. Bake until the nuts are mostly dry but still sticky, about 40 minutes.

Remove the nuts from the oven and stir. Reduce the temperature to 200° F (95° C). Return the nuts to the oven and bake until crisp, about 30 more minutes. Stir to loosen the nuts from the baking sheet; cool completely on the sheet.

Nutrition info unavailable

Source: <http://www.foodnetwork.com/recipes/sweet-and-spicy-pecans-recipe.html>