

## Paleo Candied Pecans

### INGREDIENTS:

- 1 lb. or roughly 4 cups of pecan halves
- 1 egg white
- 1 T water
- ½ cup honey
- ½ tsp. sea salt
- ½ tsp. allspice
- 1 tsp. cinnamon

### PROCESS:

- Preheat oven to 250 degrees.
- Line a cookie sheet with parchment paper.
- In a large bowl, put in egg white and water. Using a fork or whisk, beat together until it is frothy.
- Add pecans and stir until they are completely coated.
- In a small bowl, combine honey, salt, allspice, and cinnamon. Carefully stir to combine.
- Pour honey mixture over nuts and stir to combine completely.
- Spread pecans onto cookie sheet, press into a single layer.
- Bake 60 to 90 minutes, stirring every 15 minutes.
- Take pecans out of the oven and put them into a glass-baking dish to cool. Do this quickly as they harden fast and will stick to the parchment paper.
- Once cool, break into pieces and store in an airtight container at room temperature.

Adapted from: Paleo Table