

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chewy Pecan Pie Brittle

From www.paleomg.com

- 1/2 cup pecans (more would work if you REALLY love pecans)
- 1/2 cup honey
- 1/2 cup maple syrup
- 1/2 cup coconut oil, melted
- 1/2 cup coconut butter (aka coconut cream concentrate or coconut manna)
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- Pinch of salt

1. Place a medium saucepan over medium heat.
2. Add a tablespoon of coconut oil then add your pecans to the pan. Toss around to coat in the oil and keep moving to help roast your pecans without burning them.
3. When your pecans begin to become fragrant and browned a bit, add your honey and maple syrup. Mix well.
4. Once your sugar begins to thicken just a little, add your coconut oil and coconut butter. Keep mixing with a rubber spatula to make sure your coconut butter doesn't burn.
5. Then add your cinnamon, vanilla extract, and a pinch of salt.
6. When everything is well combined, turn burner on low and let simmer for about 3-4 minutes to thicken just a bit. (it won't get super thick, so don't expect that)
7. While your mixture is thickening, line a 8x8 glass baking dish with parchment paper, pressing the paper down into the sides of the dish.
8. Then pour your mixture into the parchment-lined baking dish and use a spoon to spread out the pecans throughout the mixture.
9. Place in the freezer and let freeze for an hour or more. When you pull it from the freezer, it should be completely hardened but still have a chewiness to it.
10. Use a knife to break it into pieces.
11. Store in the freezer until serving!