

Harvest Spiced Nuts

Ingredients

- 1 egg, separated
- 1 package (8 ounces) pecan halves
- 1/2 cup packed brown sugar
- 1/2 teaspoon **Cinnamon Plus® Spice Blend**

Directions

1. Preheat oven to 350°F. Line **Large Bar Pan** with an 11-inch piece of **Parchment Paper**. Using **Egg Separator**, separate egg into **Classic Batter Bowl**. (Reserve yolk for another use.) Whip egg white using Egg Separator until frothy.
2. Add pecans to Batter Bowl. Toss to coat evenly with egg white using **Mix 'N Scraper®**. Sprinkle brown sugar and Spice Blend over pecans; toss to coat evenly. Pour pecans out onto parchment, separating into a single layer.
3. Bake 18-20 minutes or until nuts begin to brown. Remove pan from oven. Carefully slide parchment with pecans onto **Stackable Cooling Rack**. Cool completely. Place in serving dish. Serve using Small Serving Tongs.



Yield:

- 4 cups
16 servings of 1/4 cup

Nutrients per serving:

Calories 130, Total Fat 10 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrate 9 g, Protein 2 g, Sodium 5 mg, Fiber less than 1 g

U.S. Diabetic exchanges per serving:

1/2 starch, 2 fat (1/2 carb, 2 fat)

Cook's Tips:

Store *Harvest Spiced Nuts* in a tightly covered container at room temperature.

These nuts are a delicious topping for scoops of ice cream, especially ice cream that's on top of apple pie. Or, add to a dollop of whipped cream on pumpkin pie.

Substitute pumpkin pie spice for Cinnamon Plus® Spice Blend, if desired.