



Ashley's Meal Prep Monday!



Cinnamon and Sugar Roasted Pecans

INGREDIENTS

1 egg white
1 TBSP water
2 1/4 cups pecan
halves
1/2 cup monkfruit
1/4 TSP salt
1 1/2 TSP cinnamon

Preheat oven to 225. Line a baking sheet with parchment paper. Combine the egg white and water in a bowl and beat with a whisk until frothy.

Fold in the pecans and coat evenly. In a small container with a lid, add the sugar, salt and cinnamon, then shake to mix. Pour over the pecans and stir to make sure they're coated evenly.

Spread pecans over the prepared pan and bake in oven for about an hour, stirring every 15 minutes. Let cool before storing in a container. Enjoy!!

Recipe: belleofthekitchen.com

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