

AMERICAN EGG BOARD CULINARY LIBRARY



CINNAMON SPICE CANDIED PECANS

Total Time: 43 minutes

Prep Time: 10 minutes

Cook Time: 33 minutes

INGREDIENTS

2	Phil's Fresh Eggs Free Range Organic Egg Whites
4 cups	raw unsalted pecans
1/2 cup	cane sugar
1 tsp	ground cinnamon
1/4 tsp	ground ginger
1/8 tsp	ground nutmeg
1/8 tsp	fine sea salt

Yields: 8 servings

INSTRUCTIONS

1. Preheat oven to 300°F and line a large baking sheet with parchment paper. Whisk eggs vigorously in a large mixing bowl. Stir in pecans to evenly coat. Add sugar, cinnamon, ginger, nutmeg and sea salt to a separate small bowl. Whisk well to combine.
2. Pour sugar and spice mixture over pecans and stir well to coat mixture around pecans. Spread evenly on baking a sheet. Bake for 15 minutes. Stir pecans well and bake an additional 15-18 minutes. Remove pan from oven and stir pecans once more. Cool at room temperature for 15 minutes. Serve or store in a dry location.

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