



Candied Pecans

They are so easy, taste great, and fun to make!! This will definitely be a hit at your next holiday party!

Recipe:

2 C Pecans

1 Egg White

½ C Sweetener of Choice
(swerve brown/sukrin gold)

1 tsp Vanilla

1 ½ tsp Cinnamon

Whip egg white until soft peaks, add vanilla.

Mix in pecans.

Stir in sugar and cinnamon.

Lay on pan, bake at 250 for 35-45 min, flipping every 15 min.



Serves: 8

Calories: 205, Fat: 20g, Carbs: 4g, Fiber: 2g, (Net Carbs 2) Protein: 4g

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