

Spicy Pecans

Swick

Makes 1 cups | Active Time: 15 minutes | Total Time: 25 minutes

Step 1: Preparing the Spicy Pecans

- 1 cup raw pecans
 - 1 tbsp sweetener such as agave
 - 1/8 tsp cayenne pepper, or to taste
 - pinch, sea salt
- Mix together the sugar, cayenne and salt. Toss with the nuts and roast in a 350°F (175°C) oven 7 to 10 minutes.
- Toss in with the Quinoa & Arugula Salad for a delicious and spicy crunch.