

Paleo-Keto Pecan Brittle

Ingredients:

- 2 cups raw pecan halves (or 1 cup pecans, 1 cup walnuts)
- 1/4 teaspoon Real Salt
- 1/4 teaspoon ground cinnamon
- 3 tablespoons grass-fed butter
- 1/3 cup sweetener of choice (I use liquid allulose, see notes)
- Pinch of dried Rosemary leaves
- 1/2 teaspoon vanilla extract
- More salt to taste
- Tray lined with parchment paper

Instructions:

1. Heat a 10" skillet over medium heat. Put the raw nuts in the skillet and the dry seasonings. Stir and heat until the pecans are warm and aromatic.
2. Add in the butter, cut in chunks, and stir in until melted. Use a spatula to combine everything so the pecans are all coated in butter.
3. Add in the sweetener and mix in. Cook, stirring frequently until the caramel begins to bubble. The butter and sweetener will create a foamy, golden bubble, about 6-8 minutes. If using a granular vs. a liquid sweetener, this step might take a little longer. Watch out for the golden bubble.
4. Stir in the vanilla extract and bring the heat up to medium-high, stirring often until you see toasty bits on the pecans and the caramel sauce is a deep golden brown and getting sticky.
5. Quickly transfer the mix, while hot, to the parchment paper and spread it out a bit to create approximately a 6×6 inch mass. Keep the nuts bunched up and close together so they stick as it cools.

6. Pop it in the freezer to harden, making sure it's on a flat surface. After about 20-30 minutes, it should be hard enough to break up into pieces.
7. Store in an airtight container in the fridge or freezer.

Recipe Notes:

- To make it dairy-free, use coconut oil instead.
- If using granulated sweetener, you may need to add more butter to add volume to the caramel.
- To make it paleo, use maple syrup or maple sugar.
- You can use liquid or granular sweetener; I use the liquid.
- The recipe will work with macadamia nuts, peanuts, or cashews too.
- 1 gram NET carbs per serving (11 grams total – 8 grams allulose – 2.1g fiber = 0.9g net carbs).

Nutrition:

- **Serving Size:** 1/10 of recipe
- **Calories:** 181
- **Sodium:** 45mg
- **Fat:** 19g
- **Carbohydrates:** 11g (8g allulose)
- **Fiber:** 2.1g
- **Protein:** 2g