Candied Pecan Clusters

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Ingredients:

- 1/4 cup hemp seeds
- 1/4 cup sunflower seeds
- 1/2 tsp ground cardamom
- large pinch salt
- 1/4 cup rice malt syrup (or 3 tablespoons honey or maple syrup)
- 1/2 tsp vanilla extract
- 1/2 teaspoon fresh orange zest
- 1 cup raw pecans

Instructions:

- In a medium fyring pan, over medium heat, toast the pecans for about 4 minutes, stirring from time to time to make sure they don□t burn.
- While the pecans are toasting, mix together the seeds, cardamom and salt in a small bowl. In another small bowl, stir together the syrup, vanilla, and zest.
- Once the pecans have already toasted add the seeds mix and stir for a couple of minutes. Then add the syrup mixture and keep stirring for another minute.
- Remove from the heat and transfer to a lined baking sheet (use parchment or silicone, don□t use wax paper). Let cool completely before breaking up into chunks.
- Store in an airtight container for a couple of weeks. But I would be very surprised if they last more than a couple of days!