

ROSEMARY SPICED PECANS

Serves 6-8

Ingredients:

- 1 tbsp coconut oil
- 1 tsp salt
- 2 tbsp fresh rosemary
- 1 tsp smoked paprika
- 200g pecans

1. Preheat the oven to 160C/ Gas mark 3.
2. Melt the coconut oil over a low heat.
3. Finely chop the rosemary.
Toss with the salt and paprika in a bowl and pour the oil on top.
4. Massage the spices into the pecan nuts.
5. Spread the nuts onto a roasting tray and pop them in the oven for 25 mins. Halfway through cooking give the nuts a stir so that they cook evenly.
6. Cool before eating.

