

# Sweet Cinnamon Nuts

Makes 12 servings

## Ingredients

1/4 cup fat-free evaporated milk

2 Tbsp water

1/4 tsp vanilla

1/4 tsp cinnamon

Scant 1/3 cup Truvia brand sugar replacement

3 cups pecan halves (or walnuts, depending on budget and taste preference)



## Directions

1. Combine first 4 ingredients together in pan, bring to simmer over medium heat.
2. Slowly stir in Truvia, continue stirring until dissolved.
3. Continue simmering until mixture begins to thicken, then add pecans.
4. Stir pecans in mixture until pecans are completely covered in syrup and no syrup remains in bottom of pan.
5. Spread coated pecans on baking sheet, bake in 200 degree oven for 2-3 hours, stirring occasionally. (3 hours makes for crisp nuts, 2 hours yields softer nuts. Fine your personal preference.) Remember to stir about every 30 minutes or so.

Serving size of  
19 “halves”

Estimated  
Glycemic  
Load

0

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[www.TrinityHealthWeightLoss.com](http://www.TrinityHealthWeightLoss.com)

Nutrition Facts	
Serving Size 28 g	
Amount Per Serving	
Calories 195	Calories from Fat 170
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 3g	