PECAN BUTTER

UNIVERSITY OF MARYLAND EXTENSION | SHOP LOCAL EAT SMART

Ingredients:



- 16 ounce bag of shelled, raw pecans
- 3 Tbsp. maple Syrup
- 1/4 Tsp. salt
- 1 Tsp. cinnamon (optional)
- 1/2 Tsp. pumpkin pie spice (optional)

Instructions:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or foil. Pour pecans, maple syrup, salt, and, if using, spices into a bowl and stir to combine.
2. Spread the pecan mixture in a single layer on the prepared baking sheet. Bake for 10 to 12 minutes, until fragrant and golden brown. Set aside to cool for 5 minutes.
3. Add the pecans to a food processor or high-powered blender. Blend, stopping to scrape down the sides as needed, until the pecans release their oils and become smooth and creamy. This can take 5 to 7 minutes, depending on the power of your machine. Taste and adjust seasoning, if needed.
4. Store in the refrigerator in an airtight jar in the fridge for up to 1 month or in the freezer for up to 3 months.

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