

# Pecan Syrup

THM-Friendly: S

- 3 Tbsp. butter
- 3 Tbsp. coconut oil
- 1/2 cup water
- 1/2 cup allulose
- 1 tsp. maple extract
- 1 tsp. vanilla extract
- 1/2 cup chopped pecans 12 Tbsp. half and half
- 1/2 tsp . sunflower lecithin

After chopping your pecans put them in a dry sauce pan and lightly toast them, just for a couple of minutes, not enough to make the kitchen smoke up.

Add all the other ingredients to the pan (except the sunflower lecithin) after the pecans are slightly toasted.

Cook down to your desired syrup consistency, then vigorously whisk in the sunflower lecithin.

enJOY!

