

Bake with Sharon

Fall 2020 Recipes

NO BAKE PEANUT BUTTER ENERGY BALLS & CANDIED PECANS VEGETARIAN/GLUTEN FREE (10.15.20)

TIP! *Many peanut butters say, Peanut Butter Spread, be wary of these as they often have sugar or palm oil in them. Look for organic options if possible, and only those that have peanuts and salt.

*You could swap walnuts, almonds or even peanuts for the Pecans, or go crazy and mix them all together 😊.

No Bake Peanut Butter Balls

INGREDIENTS	TOOLS
<ul style="list-style-type: none">• 2/3 cup creamy or chunky peanut butter• ½ cup semi sweet or dark chocolate chips, can also use cacao nibs honey• 1 cup old fashioned oats• ¼ cup flax seeds (or ground flaxmeal)• ¼ cup chia seeds• 2 Tbsp honey	<ul style="list-style-type: none">• Measuring Cups• Measuring Spoons• Large Bowl• Spatula• Wax or parchment paper• Airtight Container

DIRECTIONS

1. Combine all ingredients, stir well until well incorporated.
2. Place in refrigerator for 15-30 minutes.
3. Roll into approximately twelve balls.
4. Refrigerate for up to 2 weeks, freeze for up to 2-3 months.
Tip! They are delicious frozen too!

Homemade Candied Pecans

INGREDIENTS

- 1 Cup White Sugar
- 1 TSP Ground Cinnamon
- 1 TSP Salt
- 1 Egg White
- 1 TBSP Water
- 1 Pound Pecan Halves

DIRECTIONS

1. Preheat oven to 250 degrees F (120 degrees C).
2. Mix sugar, cinnamon, and salt together in a bowl.
3. Whisk egg white and water together in a separate bowl until frothy. Toss pecans in the egg white mixture. Mix sugar mixture into pecan mixture until pecans are evenly coated. Spread coated pecans onto a baking sheet covered in parchment paper.
4. Bake in the preheated oven, stirring every 15 minutes, until pecans are evenly browned, 1 hour.