

# Toffee Almonds



## ingredients

2 cups of almonds  
1/3 cup of sucanat  
1/2 cup of water  
1/2 tsp. salt  
2 tbsp. pure coconut oil  
1 tsp. real vanilla extract

## directions

Place all ingredients in a shallow pan or wider saucepan. Start on medium high heat and stir constantly (as shown in the video). Everything will melt together and start to boil and bubble. As soon as this happens, lower your heat to medium or medium low (a lot depends on the size of pan you're using), you'll just want to make sure that everything is still simmering. As soon as most of the water is evaporated out of the mix, (you'll still have a lot of ooey gooey liquid) dump the nuts out onto non-stick silicone baking sheet. (You can also use a parchment paper covered cooking sheet.)

Place nuts into a 300 degree oven for 15 - 20 minutes. Stir everything around once or twice during this baking period to ensure even toffee coating and to prevent burning. When the nuts are bubbly and the mixture has greatly reduced and thickened, take them out and sprinkle with salt (optional) before they completely cool.

here's a tip

\* watch closely to make sure your nuts don't burn!