AMERICAN · SAUCE

Cinnamon Vanilla Pecan Butter (No Added Sugar)

25 min · Makes 12 × 2 tbsp · 175 kcal a portion · Video 10:48 · Simply Quinoa

Vegan · Gluten-free ingredients

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Toasted pecans flavoured with cinnamon and vanilla and nothing sweet added: 2 tbsp have under 1.5 g net carbs, 2.5 g fibre and no added sugar, with most of the energy from unsaturated fat.

Diet notes: Keto (1.3 g net carbs a serve).

Ingredients

3 · MAKES 12 × 2 TBSP

- ☐ 300 g **pecan halves**
- ☐ 2 tsp **ground cinnamon**
- ☐ 2 tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Spread the pecan halves on a baking tray and toast until golden brown and warm, 3–4 minutes in a toaster oven or 5–10 minutes at 175°C. Warm nuts release their oil and blend more easily. 5:38
2. Tip the warm pecans straight into a food processor. 5:50
3. Put the lid on and blend until smooth and creamy, scraping down the sides as needed. Pecan butter stays a little thicker and fluffier than other nut butters. 6:02
4. Add the cinnamon and vanilla and blend again until combined. 6:21
5. Spoon into a glass jar, seal and keep in the cupboard or the fridge. 6:42

> **Tip** The cook's written recipe adds 1 tbsp coconut sugar as an option; leave it out to keep it sugar-free. Keeps at least 3 weeks in a cool, dark place (the fridge in hot weather). Lovely on keto pancakes or apple slices.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
175 kcal	2.3 g	3.8 g	2.6 g	18 g	0 mg
730 kJ	5% of a day	1.3 g net · 1.1 g sugars	9% of a day	1.6 g saturated	0% of a day
		1% of a day		23% of a day	

Energy from net carbs 3% · protein 5% · fat 92% — fits keto: 1.3 g net carbs, 92% of the energy from fat

Source of (10–19%) Omega-3 16% · Zinc 10%

Recipe and video: Simply Quinoa (@Simplyquinoa) on YouTube — youtube.com/watch?v=T6KZwmjPjAc, published 2 July 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cinnamon-vanilla-pecan-butter