



*cara price*

## PECAN PRALINE CUPS

### INGREDIENTS

1/2 cup ghee or butter, solid \*  
1/2 cup maple sugar  
1/4 cup coconut butter, packed firmly  
into measuring cup  
1/4 cup chopped pecans + 12 pecan  
halves  
1 tablespoon vanilla  
1/4 teaspoon salt

\*can use solid non-dairy butter  
substitute like this one

### DIRECTIONS

measure out all ingredients first as this process  
moves very quickly once you start.

place the ghee, maple sugar & coconut butter  
into a medium saucepan over medium heat.  
whisk constantly (your arm is going to get a  
workout). continue whisking until completely  
combined. if you stop whisking, the butter will  
separate & you will not be able to get it to  
solidify. this often happens if the heat is too  
high or you stop whisking.

once the butter, sugar & coconut butter is  
completely combined smoothly, remove it  
from heat & immediately whisk in the vanilla  
extract & salt. then stir in the pecan pieces.

evenly divide the mixture into a 12 count mini  
muffin pan lined with these muffin liners. place  
one pecan half on top of each pecan praline  
cup.

I recommend you refrigerate 4 hours before  
serving, but if you need to speed this process  
up, you can refrigerate 1 hour, then set a timer &  
put the pecan praline cups in the freezer for 30  
minutes.

store in the refrigerator for up to 1 week.