

Sugar Coated Pecans

April is National Pecan Month! Pecans are a tasty and rich nut, which are native to the southern United States. During the 1700-1800s the pecan was a large part of American commerce! Your child can learn more about this amazing nut while making this tasty and decadent treat!

What You Need:

- 1-pound pecans
- 1 egg white
- ½ cup brown sugar
- ½ cup plain sugar
- ½ teaspoon cinnamon
- ¾ teaspoon salt
- Sheet tray
- Parchment paper
- Mixing bowl
- Fork
- Spatula



What You Do:

1. Start by helping your child preheat the oven to 250 degrees Fahrenheit and cover a sheet tray with a piece of parchment paper.
2. Now invite your child to separate the egg. Separating an egg is a true talent – so encourage your child to take her time! Once she's separated the egg make sure to wash hands!
3. Have your child place the egg white in the mixing bowl and froth lightly with a fork.
4. Now she can add the pecans and stir with a spatula until they are all evenly coated with the egg white, which encourages her fine motor skills!
5. It's time to get sugared! Offer your child some measuring cups and invite her to measure the sugars into the bowl. She can also measure and add the salt and cinnamon.
6. After your child has stirred together the ingredients and coated the pecans with the sugar mixture, she can evenly spread them on the sheet pan.
7. Now she can place her sugared pecans in the oven and let bake for an hour!
8. Her finished sweet treats can be enjoyed as is or sprinkled over ice cream or yogurt for a truly special treat.

Did you know: Pecan trees, a type of hickory tree, can grow and produce edible nuts for over three hundred years?

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