Less than 30 minutes (plus setting time)

Makes about 16 portions

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Ingredients:

- 1½ cups (300g) xylitol
- ½ cup (125g) butter, cubed
- 1½ packets (150g) pumpkin seeds, toasted
- 2 packets (100g each) mixed nuts, toasted

Method

GOOD IDEA

Spice up your brittle by adding 1 tsp (5ml) vanilla essence or paste and ½ tsp (3ml) each cayenne pepper and ground cinnamon to the caramel before pouring over the nuts and seeds.

- 1. Line a baking tray with baking paper.
- 2. Heat butter over low heat until it just starts to melt.
- 3. Add xylitol and stir until butter is completely melted and xylitol has dissolved.
- 4. Allow mixture to cook for about 12-15 minutes, stirring continuously so it does not separate. (If using a candy thermometer, take it to hard crack stage 146°-154°C.)
- 5. Remove from heat.
- 6. Scatter half the toasted seeds and nuts onto baking tray.
- 7. Pour over the caramel and top with remaining seeds and nuts.
- 8. Allow to set completely before breaking into pieces.
- 9. Store in an airtight container for up to 2-3 weeks.

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