

Recipe: Vegan honey roasted peanuts | quick and easy

The process is extremely simple. Just make sure you keep an eye on the oven!

All measurements are level, using standardised measuring spoons and cups. Be precise!

Requirements

- An oven, baking tray
- Baking parchment or large silicone baking mat
- [Standardised measuring spoons](#)
- [A whisk](#), mixing bowl

Ingredients

SYRUP

- 3 tbsp [vegan honey](#)
- 1 tbsp refined coconut oil, soft or melted
(AKA *deodorised coconut oil – no coconut flavour*)
- ¼ tsp vanilla essence
- ¼ tsp fine salt

OTHER

- 250 g unsalted, unroasted peanuts (about 1.5 cups)
- optional: powdered sugar (AKA confectioner's sugar)
- optional: powdered cinnamon

Instructions

1. Preheat your oven to 150 degrees Celsius (350 Fahrenheit).
2. In a mixing bowl, whisk up all the SYRUP ingredients. Then add the peanuts and stir to coat them. It's normal that the syrup is quite watery at this point.
3. Spread the coated peanuts evenly on a baking tray lined with baking paper or a silicone baking mat then place on the middle shelf of the preheated oven.
4. After 4 minutes, open the oven and give the nuts a good stir with a wooden spoon. It may look unnecessary as the peanuts have no colour yet, but this ensures they are cooked evenly.
5. Place back in the oven for an additional 3 minutes. Remove from the oven and stir the nuts again with a wooden spoon, so that they are all evenly coated with the fast-drying syrup (if there are any burnt ones around the sides, don't stir them in).

Then spread them evenly again and leave to cool. Transfer to a bowl and break apart any chunks.

6. If you prefer the powdered aesthetic, now's the time to toss the peanuts in some powdered sugar and cinnamon. Do this according to your own taste.

Enjoy! You can store the nuts in a jar or tupperware. If they don't get gobbled up immediately by your friends, family or family.

Notes

- Be aware that the nuts may be ready a minute sooner or later depending on the temperament of your oven and the thickness of your vegan honey.
- It's tempting to leave them in longer to brown a little more, but they will darken as the honey syrup cools down, so if you already see darker areas developing around the outside, don't leave them in the oven any longer.