

# Sweet & Spicy Maple Grits with Pecans



## Ingredients

- 1 cup Quaker® Old Fashioned - Standard Grits , uncooked
- 2 cups water
- 2 cups low fat milk
- 3/4 cup pecans, roughly chopped
- 2 tbsp pure maple syrup, divided
- 1 tbsp brown sugar
- 1/4 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/8 tsp ground cayenne
- 1/8 tsp cardamom



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PREP  
TIME  
10 min

COOK  
TIME  
30 min

TOTAL  
TIME  
40 min

SERVING  
2

## Made with

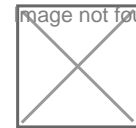


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**Quaker® Old Fashioned - Standard Grits**

## How to make it

1. Preheat oven to 325°F.
2. In a medium saucepan, bring water and milk to a boil. Whisk in grits, then cover, reduce heat to low and simmer. Uncover and stir every few minutes until grits are thickened and creamy, about 15-20 minutes.
3. While grits are cooking, line a baking sheet with parchment paper and place pecans in a single layer on the sheet. Toast pecans for 7-10 min stirring occasionally until just golden, being careful not to burn them.
4. When grits have finished cooking add 1/2 cup of the toasted pecans, 1 tablespoon maple syrup, brown sugar, vanilla, and spices. Fold to combine with a spatula. Divide among bowls and top with remaining pecans and maple syrup. Serve immediately.
5. Enjoy!