



Candied Jalapenos!

Ingredients:

1 lb fresh sliced jalapeños
2/3 c Apple Cider Vinegar
1 C sweetener
1/4 tsp cayenne (optional)
1/4 tsp celery seed
1/4 tsp garlic powder
1/4 tsp turmeric

Makes Four Half Pint Jars

Macros Per 1 Whole Jar:

Calories: 34.5

Fat: .7g

Carbs: 3.6g

Protein: 1.6g

Directions:

Sterilize canning jars.

Remove stems from jalapeños and slice into 1/8" rounds. Set aside. In a medium size pot, add Apple cider vinegar, sweetener, cayenne, celery seed, garlic powder and turmeric. Bring to a rolling boil-then reduce heat and simmer for 5 minutes. Add peppers and simmer for 4 minutes, covering with a lid.

Transfer peppers to the sterile jars, packing until about 1/4" from the top. Turn the heat back up and bring to a boil to thicken the syrup-about 5 minutes.

Once the syrup has thickened, pour over the jalapeños with a ladle and a funnel for less mess! Be sure to clean the rim of the jar with a clean, damp towel and tighten the lids to seal.

Place jars in a large pot and cover completely with two inches of water over the top of the jars. Bring water to a boil and cover the pot for ten minutes.

Transfer jars to a cooling rack and let them sit until completely cool. While cooking, the lids should make a popping noise which will let you know they are sealed and ready to store until ready to eat (preferably 2 weeks...if you can hold out)!

I personally like to throw in a pinch of pink himalayan salt. I also am someone who thinks you can never have too much garlic-so go ahead and add extra if you love it like we do. If you like your jalapeños a little sweeter-don't be afraid to taste the syrup and add more sweetener to taste!