



MEDICATED SALTED CARAMEL PECAN SHORTBREAD BARS

These rich, buttery shortbread bars are a delicious treat that will make a perfect addition to any holiday gathering!



PREP TIME
30 MIN



COOK TIME
55 MIN



SERVINGS
3 DOZEN

Ingredients

for the shortbread:

- 12T unsalted butter
(you can use canna-butter or cannabis-infused Ghee)
- 1/2 cup granulated sugar
- 3/4 t vanilla extract
- 1/8 t salt
- 1 1/2 cups all purpose flour

for the topping:

- 3 cups chopped pecans
- 12T unsalted butter
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 1/2 cup honey
(you can use cannabis-infused honey)
- 3/4 t salt
- 1/4 cup heavy cream

Instructions

1. At least 30 minutes before mixing the dough, set butter out to come to room temperature. Measure out rest of ingredients.
2. Pre-heat oven to 350°F. Line an 8x8 inch square baking dish with parchment paper & set aside.
3. In a large bowl with a hand mixer, mix together the butter and granulated sugar until light and fluffy. Add in the vanilla extract and salt. Mix to combine.
4. Add in the all-purpose flour and mix until just incorporated. *Do not overmix*; the dough will remain fairly crumbly.
5. Press the dough into parchment lined baking dish. Try to spread the mixture out as evenly as possible. Using a fork, poke holes throughout the dough so the shortbread doesn't rise too much.
6. Bake for 22-25 minutes, until lightly browned. Remove from oven and place baking sheet on cooling rack.
7. While the shortbread is baking, toast the chopped pecans in a dry pan over med. heat. 3-4 minutes
8. Place the butter, brown sugar, granulated sugar and honey in a medium saucepan over low heat. Once the mixture is completely melted, turn up the heat to medium low and let boil. *Do not stir*
9. Remove from heat and add the pecans, salt and heavy cream. Continue stirring until combined.
10. Pour the caramel over the shortbread layer evenly. Bake for 35-40 minutes or until topping is bubbly.
11. Let cool completely before cutting. Cut into 1 inch diamond shapes.



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