



# PECAN GRANOLA BARS

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 5 minutes, plus 1 hour for chilling

**Cook Time:** 0 minutes

**Total Time:** 1 hour, 5 minutes

**Serves:** 16

## INGREDIENTS

- 1 $\frac{1}{4}$  cups pecan halves (5 ounces)
- 2 cups quick-cooking oats (or old-fashioned oats, pulsed briefly in a food processor or blender to break them up)
- 1 teaspoon ground cinnamon
- 1 $\frac{1}{2}$  teaspoon fine sea salt
- 1 cup homemade pecan butter\*
- 1 $\frac{1}{2}$  cup maple syrup or honey
- 1 $\frac{1}{2}$  teaspoon vanilla extract

*\*Find the recipe on [AmericanPecan.com](http://AmericanPecan.com)*



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## METHOD

1. Line a 9-inch square baker with one strip of parchment paper, cut to fit neatly across the base.
2. In a medium skillet over medium heat, toast the pecans, stirring frequently, until they are nice and fragrant, about 4 to 7 minutes. Transfer them to a cutting board to cool. Set aside 16 pecan halves for garnish, then chop the rest. Set aside.
3. In a large mixing bowl, combine the oats, cinnamon and salt, and stir to blend. Set aside.
4. In a 2-cup liquid measuring cup, measure out 1 cup pecan butter. Top with ½ cup maple syrup or honey, followed by the vanilla extract. Whisk until well blended. (If you must, you can gently warm the liquid mixture in the microwave or on the stovetop.)
5. Pour the liquid ingredients into the dry ingredients. Mix together until the two are evenly combined and no dry oats remain. Add the chopped pecans and stir until they are evenly dispersed. The drier the mixture, the more firm the bars will be, so stir in extra oats if the mixture seems wet. Conversely, if you used a super thick pecan butter, you might need to drizzle in another tablespoon of maple syrup or honey to help it all stick together.
6. Transfer the mixture to the prepared square baker. Arrange the mixture evenly in the baker. Cover the bottom of a flat, round surface (like a short, sturdy drinking glass) with a strip of parchment paper and pack the mixture down as firmly and evenly as possible. Press the reserved pecan halves into the surface to create 4 even rows and 4 even columns.
7. Cover the baker and refrigerate for at least one hour, or overnight. When you're ready to slice, lift the bars out of the baker by grabbing both ends of the parchment paper. Use a sharp chef's knife to slice the mixture into 4 even rows and 4 even columns.  
  
Store individually-wrapped bars in a freezer-safe bag in the freezer for best flavor.

## NUTRITION FACTS PER SERVING

(based on 16 servings)

Calories: 210	Fat: 15 g
Saturated Fat: 1.5 g	Cholesterol: 0 mg
Sodium: 110 mg	Carbohydrates: 18 g
Protein: 5 g	Fiber: 3 g



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# CHERRY PECAN ENERGY BITES

*Recipe courtesy of The American Pecan Council*

**Prep time:** 10 minutes

**Cook time:** 0 minutes

**Total Time:** 10 minutes

**Serves:** 10

## INGREDIENTS

- 1 cup toasted pecan halves or pieces
- 1 cup dried cherries
- 4 medjool dates, pitted
- $\frac{1}{4}$  cup old-fashioned oats
- 1 tablespoon cacao powder, plus more for coating
- 1 teaspoon vanilla extract



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## METHOD

1. Add all of the ingredients to the bowl of a food processor.
2. Pulse until the ingredients begin to bind and form a loose dough-like ball.
3. Roll into 1-inch balls. Roll the balls in cacao powder (optional) and transfer to an airtight container. Refrigerate until ready to serve. Makes 10 energy bites.

### **Recipe notes:**

1. To make this recipe gluten-free, substitute 1/4 cup of certified gluten-free old-fashioned oats.
2. The energy balls will stay fresh in the refrigerator for up to 7 days.

## NUTRITION FACTS PER SERVING

*(based on 10 servings)*

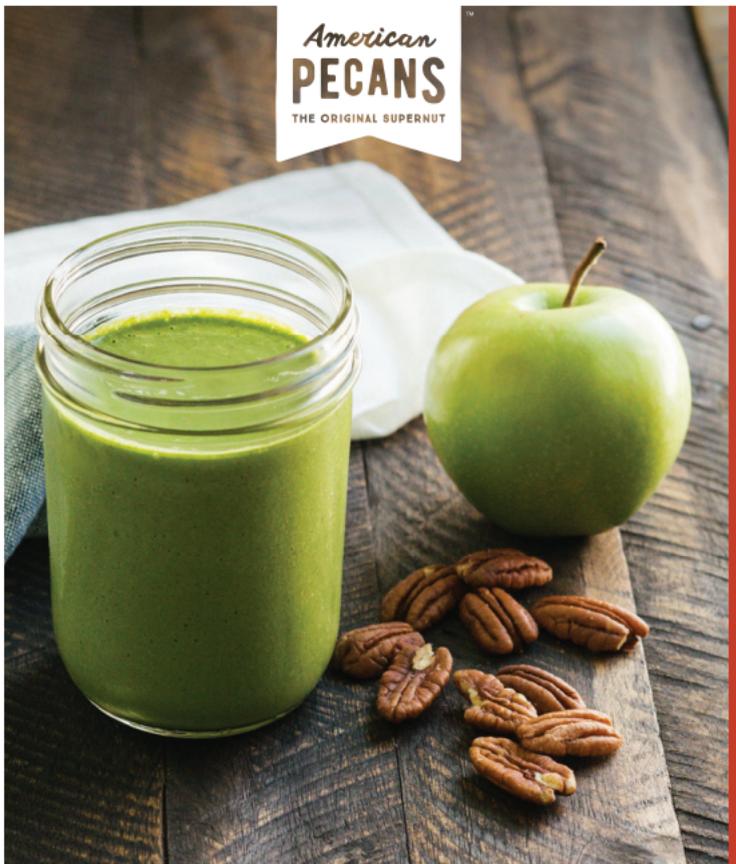
Calories: 160	Fat: 8 g
Saturated Fat: 1 g	Cholesterol: 0 mg
Sodium: 0 mg	Carbohydrates: 21 g
Protein: 2 g	Fiber: 3 g



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# GREEN APPLE PECAN SMOOTHIE

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Serves:** 2

## INGREDIENTS

- 1/2 cup low-fat dairy or pecan milk\*
- 1/3 cup raw pecan pieces
- 1 large green apple
- 1 tablespoon maple syrup
- 3 cups fresh spinach
- 10 ice cubes
- 1 tablespoon fresh-squeezed lemon juice

*\*Find the recipe on [AmericanPecan.com](http://AmericanPecan.com)*



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## METHOD

1. Core the apple and cut it into chunks, leaving the skin on.
2. Place first six ingredients in a blender and blend. Add the lemon juice and blend for a few seconds again. Taste, and add a touch more maple syrup or lemon juice as desired. Serve immediately, or refrigerate for up to 1 day. Makes 2 cups, 1 large smoothie or 2 small.

## NUTRITION FACTS PER SERVING

*(based on 2 servings)*

Calories: 270

Saturated Fat: 2 g

Sodium: 65 mg

Protein: 6 g

Fat: 15 g

Cholesterol: 5 mg

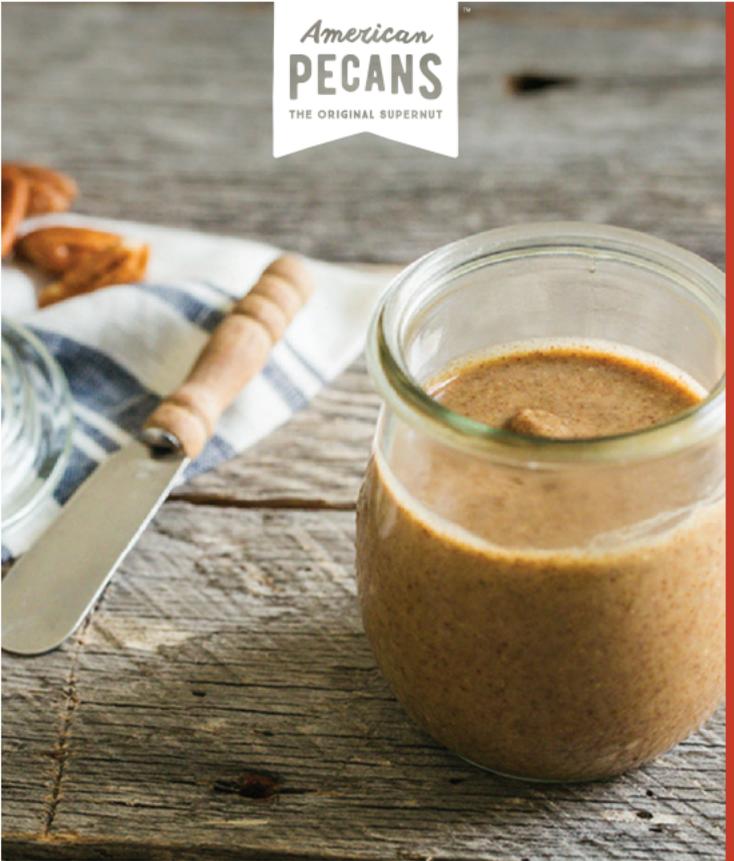
Carbohydrates: 29 g

Fiber: 5 g



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## PECAN BUTTER

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 10 minutes

**Cook Time:** 5 minutes

**Total Time:** 15 minutes

**Serves:** 8

### INGREDIENTS

2 cups pecan halves

$\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{4}$  teaspoon kosher salt



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## METHOD

1. Preheat oven to 350 degrees F.
2. Place the pecans on a baking sheet and roast for 5 minutes. Remove from the oven and allow to cool slightly.
3. Place the pecans, kosher salt and cinnamon in a food processor. Process on high speed for about 1 minute until crumbly, then scrape down the bowl. Process again for about 1 minute until creamy, then scrape down the bowl. Process for another minute or two until completely creamy and smooth, scraping as necessary. Taste and, if desired, add a few pinches of additional salt and blend again until fully incorporated. Pour into a sealable jar and store refrigerated.

## NUTRITION FACTS PER SERVING

*(based on 8 servings)*

Calories: 170

Saturated Fat: 1.5 g

Sodium: 60 mg

Protein: 2 g

Fat: 18 g

Cholesterol: 0 mg

Carbohydrates: 4 g

Fiber: 2 g



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# PECAN CHICKEN SALAD IN A JAR

Recipe courtesy of The American Pecan Council

**Prep Time:** 20 minutes

**Cook Time:** 0 minutes

**Total Time:** 20 minutes

**Serves:** 4

## INGREDIENTS

### *Pecan Vinaigrette*

- $\frac{1}{3}$  cup pecan oil or olive oil
- $\frac{1}{4}$  cup apple cider vinegar
- 3 tablespoons pecan pieces
- 2 tablespoons coarse grain mustard
- 1 tablespoon diced shallots
- 1 tablespoon chives, chopped
- Salt and pepper to taste

### *Pecan Salad in a Jar*

- 4 small or 2 large celery stalks, sliced
- 1 cup chickpeas
- 1 cup cooked chicken, chopped
- $\frac{1}{2}$  cup dried cherries
- $\frac{1}{2}$  cup pomegranate seeds
- $\frac{1}{4}$  cup parmesan cheese
- $\frac{1}{2}$  cup pecan halves
- $\frac{1}{2}$  cup parsley leaves
- 3 cups baby kale



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## METHOD

1. In a liquid measuring cup or small bowl, whisk together Pecan Vinaigrette ingredients. Divide vinaigrette evenly between 2 quart size jars (for large, main course salads) OR 4 pint size jars (for side dish salads).
2. Divide the remaining salad ingredients evenly among the jars in the order listed. Secure lids and refrigerate until ready to eat or up to 4 days.
3. To serve, pour salad jars into a bowl and toss lightly to combine dressing with salad. Enjoy!

**Recipe notes:** You can use rotisserie chicken to make prep even easier

## NUTRITION FACTS PER SERVING

(based on 4 servings)

Calories: 540	Fat: 35 g
Saturated Fat: 5 g	Cholesterol: 35 mg
Sodium: 330 mg	Carbohydrates: 40 g
Protein: 20 g	Fiber: 8 g



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# HONEY PECAN BERRY YOGURT PARFAIT

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Serves:** 2

## INGREDIENTS

16 ounces plain, non-fat Greek yogurt

1 cup fresh berries

$\frac{1}{2}$  cup pecan pieces

$\frac{1}{4}$  cup honey



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## METHOD

1. Spoon 4 ounces of yogurt into the bottom of a wide glass or small bowl. Top with 1/4 cup of berries and 2 tablespoons of pecan pieces, and drizzle with 1 to 2 tablespoons of honey. Top with 4 more ounces of yogurt, 1/4 cup berries, 2 tablespoons pecan pieces and 1 tablespoon honey.
2. Repeat steps for second parfait with remaining ingredients.
3. Serve immediately.

## NUTRITION FACTS PER SERVING

*(based on 2 servings)*

Calories: 480	Fat: 21 g
Saturated Fat: 2 g	Cholesterol: 10 mg
Sodium: 85 mg	Carbohydrates: 55 g
Protein: 26 g	Fiber: 5 g



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# ROASTED RED PEPPER PECAN DIP

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Serves:** 32

## INGREDIENTS

- 1 cup pecan pieces
- 1 teaspoon olive oil
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  cup crumbled Feta cheese
- $\frac{1}{2}$  cup roasted red pepper  
(about 1 whole jarred pepper)
- 1 clove garlic, roughly chopped
- $\frac{1}{4}$  teaspoon Worcestershire sauce
- $\frac{1}{4}$  teaspoon smoked paprika
- Salt and pepper, to taste



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## METHOD

1. Preheat oven to 300 degrees F.
2. Place the pecans on a baking sheet and bake for 15 minutes, then remove from the oven. In a heat-proof bowl, toss the warm pecans with the olive oil and sea salt, crushing the larger salt grains with your fingers as you sprinkle.
3. Return the pecans to the tray in a single layer and bake another 20 minutes, or until slightly browned and dry. Remove from the oven and allow to cool on the baking sheet.
4. Add the pecans to the bowl of a food processor. Pulse a few times to break up the pecans. Add the remaining ingredients and pulse until the mixture is smooth. Season with salt and pepper to taste.
5. Transfer to an airtight container and store in the refrigerator until ready to serve. The mixture will stay fresh for up to 5 days.

## NUTRITION FACTS PER SERVING

*(based on 32 servings)*

Calories: 30	Fat: 3 g
Saturated Fat: 0.5 g	Cholesterol: 0 mg
Sodium: 50 mg	Carbohydrates: 1 g
Protein: 1 g	Fiber: 0 g



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# CHOCOLATE CHERRY PECAN SNACK MIX

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Total Time:** 25 minutes

**Serves:** 20

## INGREDIENTS

1½ cups pecan halves

1 large egg white

¼ cup light brown sugar

1½ tablespoons unsweetened cocoa powder

½ teaspoon vanilla extract

1 teaspoon salt

1 tablespoon water

1 cup dried tart cherries

1 cup small pretzels

¾ cup yogurt-covered raisins



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## METHOD

1. Whisk together egg white, brown sugar, cocoa powder, vanilla extract and salt until well blended. Add about 1 tablespoon water to thin mixture slightly. Fold in pecan halves until well coated. Spread mixture onto parchment-lined baking sheet.
2. Bake at 325 degrees F. for about 15 to 20 minutes or until mixture is well set. Stir pecan mixture several times during baking. Allow pecans to cool completely and transfer to a bowl. Mix in dried cherries, pretzels and yogurt-covered raisins.

## NUTRITION FACTS PER SERVING

*(based on 20 servings)*

Calories: 110	Fat: 6 g
Saturated Fat: 1 g	Cholesterol: 0 mg
Sodium: 140 mg	Carbohydrates: 13 g
Protein: 1 g	Fiber: 13 g



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# BANANA PECAN CHERRY OATMEAL

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Total Time:** 10 minutes

**Serves:** 2

## INGREDIENTS

1 cup old-fashioned oats

2 cups water

$\frac{1}{2}$  cup low-fat dairy or pecan milk\*

1 banana, sliced

$\frac{1}{4}$  cup pecan halves

$\frac{1}{4}$  cup dried tart cherries

$\frac{1}{4}$  cup honey

*\*Find the recipe on [AmericanPecan.com](http://AmericanPecan.com)*



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## METHOD

1. Place oats and water in a large microwave-safe bowl. Microwave on high for 3 to 4 minutes or until oats are cooked through. Watch carefully to avoid boiling over.
2. Remove from microwave, stir, and divide between two bowls. Pour half of the pecan milk over each bowl.
3. Divide sliced banana, pecan halves and dried tart cherries between the two bowls. Drizzle each bowl with 2 tablespoons of honey and serve immediately.

## NUTRITION FACTS PER SERVING

*(based on 2 servings)*

Calories: 490

Fat: 13 g

Saturated Fat: 1.5 g

Cholesterol: 5 mg

Sodium: 40 mg

Carbohydrates: 92 g

Protein: 9 g

Fiber: 7 g



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# PECAN SHORTBREAD GHOST COOKIES

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 20 minutes + chilling time

**Cook Time:** 20 minutes

**Total Time:** 40 minutes

**Serves:** 24

## INGREDIENTS

24 raw pecan halves

2 sticks (1 cup) unsalted butter or vegan butter/margarine

$\frac{1}{2}$  cup sugar

2 cups all-purpose flour

$\frac{1}{2}$  teaspoon salt



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## METHOD

1. Beat butter and sugar in a stand mixer with a paddle attachment on medium speed until light and fluffy.
2. In a medium-size bowl, whisk together flour and salt. With the mixer on low, slowly add flour mixture to vegan butter mixture. Increase speed and mix until dough pulls away from the sides of the bowl and forms a ball.
3. Divide dough into two disks and wrap each in plastic wrap. Chill for 30 minutes.
4. Preheat oven to 325 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
5. Unwrap one disk of dough and roll out on floured surface. Dough should be about 1/4-1/2 inch thick. Using a 2 1/2-inch ghost cookie cutter, cut out dough and place ghosts on prepared baking sheets.
6. Place one pecan half in the middle of the cookie and gently fold arms up over the pecan half. Repeat with remaining dough and pecan halves. Using the flat end of a bamboo skewer, press two eyes into each cookie.
7. Bake cookies for 18 to 20 minutes or until they are set and very lightly golden at the edges.
8. Allow cookies to cool completely before serving. Makes 24 cookies.

## NUTRITION FACTS PER SERVING

(based on 24 servings)

Calories: 130	Fat: 9 g
Saturated Fat: 5 g	Cholesterol: 20 mg
Sodium: 50 mg	Carbohydrates: 12 g
Protein: 1 g	Fiber: 0 g



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## BAKED BRIE WITH TOASTED PECANS AND CRANBERRY ORANGE CHUTNEY

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 10 minutes

**Cook Time:** 10 to 14 minutes

**Total Time:** 20 to 24 minutes

**Serves:** 8

### INGREDIENTS

1/2 cup pecan pieces or pecan halves, chopped

1/2 teaspoon olive oil

1/4 teaspoon sea salt

1 (13.4-ounce) round brie

1 (12-ounce) bag fresh cranberries

1/2 cup water

1/2 cup maple syrup

Zest and juice of 1 orange

1 teaspoon freshly-chopped thyme

1 teaspoon freshly-chopped rosemary

1 tablespoon bourbon, optional

1 teaspoon maple syrup



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## METHOD

1. Preheat oven to 300 degrees F. Place the pecans on a baking sheet and bake for 15 minutes, then remove from the oven.
2. In a heat-proof bowl, toss the warm pecans with the olive oil and sea salt, crushing the larger salt grains with your fingers as you sprinkle.
3. Return the pecans to the tray in a single layer and bake another 20 minutes, or until slightly browned and dry. Remove from the oven and allow to cool on the baking sheet.
4. Increase oven temperature to 350 degrees F. Line a baking sheet with parchment or a silicone baking mat.
5. In a medium saucepan, combine the cranberries, saving a few for the final garnish, with the maple syrup and water. Bring the mixture to a boil over medium-high heat, and then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened, about 8 to 10 minutes.
6. Remove the cranberry mixture from the heat and immediately stir in orange zest and juice, thyme, rosemary and bourbon (if using).
7. While the chutney cools, place the brie on the parchment-lined baking sheet. Bake for 5 to 7 minutes, or until the inside of cheese has softened while the outside remains intact.
8. Transfer the brie to a serving platter and top with chutney and toasted pecans. Drizzle about 1 teaspoon maple syrup over the brie and garnish with fresh thyme and a few fresh cranberries. Serve immediately with crackers, toasted bread and apple slices.

## NUTRITION FACTS PER SERVING

*(based on 8 servings)*

Calories: 280	Fat: 18 g
Saturated Fat: 9 g	Cholesterol: 45 mg
Sodium: 360 mg	Carbohydrates: 21 g
Protein: 11 g	Fiber: 3 g



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# MAPLE PECAN SUPERFOOD BARK

*Recipe courtesy of The American Pecan Council*

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Total Time:** 40 minutes

**Serves:** 8

## INGREDIENTS

- 3 cups pecan halves
- 1 cup pecan pieces
- 1 cup dried cranberries
- Zest of 2 small oranges
- 1 teaspoon cinnamon
- 1½ teaspoons cracked black pepper
- 2 teaspoons vanilla or the seeds of 1 small vanilla bean
- ½ cup maple syrup
- 1 to 2 teaspoons coarse sea salt
- 10 ounces dark chocolate chips (60 to 70%)



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## METHOD

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Place the pecan halves, pecan pieces, cranberries, orange zest, cinnamon, pepper, vanilla and maple syrup in a saucepan and stir to combine. Bring the syrup to a boil over medium-high heat. Stirring constantly, cook for 2 to 3 minutes, or until the syrup has been completely absorbed by the nuts.
3. Remove nuts from heat and pour onto the parchment-lined baking sheet. Spread the nuts out into a single layer. Bake them in the preheated oven for 20 to 25 minutes, or until the pecans are a deep golden brown and give off a nutty aroma. Remove from oven and let cool completely.
4. While the nuts cool, line another baking sheet with parchment paper.
5. Place the chocolate chips in a saucepan and place over medium-low heat. Stir occasionally, until the chocolate is completely melted and smooth.
6. Pour the chocolate over the parchment-lined sheet and smooth the chocolate out to a thickness of 1/4 inch.
7. Break up the cooled pecans and place them evenly over the surface of the chocolate.
8. Set the chocolate aside for several hours to set. Once the chocolate has set, break up into pieces and use as desired.

## NUTRITION FACTS PER SERVING

*(based on 8 servings)*

Calories: 210

Fat: 16 g

Saturated Fat: 3.5 g

Cholesterol: 0 mg

Sodium: 80 mg

Carbohydrate: 17 g

Protein: 2 g

Fiber: 3 g



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