

A FISTFUL OF PECANS

...MAKES IT EASY.

DOES MEAL PLANNING DRIVE YOU NUTS?



Think pecans. This nutritious, delicious granola is a snap to make and a treat to eat. Roasted pecans balance maple's sweetness and the tartness of dried fruit in this mix that's sure to be a favorite in your student's lunchbox.



DID YOU KNOW?

PECANS CONTAIN AN ABUNDANCE OF UNSATURATED FATS, AND STUDIES HAVE SHOWN THEY CAN HELP LOWER CHOLESTEROL LEVELS.

MAPLE-PECAN GRANOLA

- 2 cups chopped pecans
- 2 cups oats
- 1/2 cup maple syrup
- 1/3 cup brown sugar
- 2 tablespoons vegetable oil
- Dash salt
- 1 cup dried fruit (raisins, cranberries, blueberries, etc.)

Mix pecans, oats, syrup, sugar and oil thoroughly in a bowl. Spread on a jelly roll pan that has been prepared with cooking spray. Bake in slow oven (300 degrees) for 1 hour, stirring every 15 minutes. Allow to cool, then mix in dried fruit of choice.



FOR MORE TEXAS PECAN RECIPES, PLEASE VISIT OUR WEBSITE: TEXASPECANS.ORG