



Pecans Organic



Pecans are related to hickory trees and are native to North America. These wonderful Certified Organic raw Pecans are grown and processed in Queensland. They have a wonderfully fresh, sweet nut flavour and aroma with a creamy texture, naturally softer than some other varieties of nuts. They are a delicious nut to snack on, or fabulous added to a range of raw foods, baked goods and savoury recipes. Freshly ground Pecan meal (or flour) and nut-butter are also popular and easy to make. These Australian grown nuts are irresistible.

How to Use:

Organic Australian Pecans are a fabulous snack on their own, or delicious with plump dried fruits in a yummy hiker's mix. These raw nuts are great roughly chopped and added to muesli, smoothie bowls, and oat or quinoa porridge. Pecans can be ground to a fresh 'meal' suitable for sprinkling over desserts and savoury dishes, or adding to baking recipes.

Or blend finely ground nuts, with a little oil, into smooth dairy-free nut butter. Pecans add a little crunch to rice, quinoa or green salads; or try replacing walnuts in a 'Waldorf'. Toss chopped nuts over stir fries, noodles and hotpots or add to couscous. Pecans are a star in baking recipes, especially muffins, boiled fruit cakes, choc-chip cookies, nut & seed breads and, of course, the classic Pecan pie.

For a real treat, lightly toast these pecans in a little pure maple syrup – great for nibbling; served with yoghurt, fruit salad or ice cream; added to homemade chocolate recipes; or for something special when entertaining.

Ingredients:

Organic Australian Pecan Kernels.

Preservative Free, Non GMO. Paleo.

Allergens:

This product contains **Tree Nuts**. This product may contain traces of other Allergens.

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 12 months when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
30 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	892 kJ	2973 kJ
Protein	2.94 g	9.8 g
Fat, total	21.57 g	71.9 g
– saturated	1.35 g	4.5 g
Carbohydrates	1.47 g	4.9 g
– sugars	1.29 g	4.3 g
Sodium	1 mg	3 mg

Dietary fibre	2.52 g	8.4 g
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