

COOKING WITH HUGH

HOSTED BY HUGH HARDY



CARROLL'S
SAUSAGE & COUNTRY STORE

Featured on Season 3, Episode 7

Goodson Pecan Butter Energy Bites

- 1 cup Goodson Creamy Pecan Butter
- 1 cup Oatmeal
- ½ cup Chocolate Chips
- ½ cup Flax Seed
- ⅓ cup Bruce's Honey Shack Honey
- 1 tsp Vanilla Extract

Directions:

Mix together all ingredients. Scoop out in bite size amounts. No cooking required. Refrigerate after making.

Guest: David and Drew Goodson
GoodsonPecans.com

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