

COOKING WITH HUGH

HOSTED BY HUGH HARDY



CARROLL'STM
SAUSAGE & COUNTRY STORE

Featured on Season 3, Episode 7

Goodson Pecan Butter Energy Bites

- 1 c. Goodson Creamy Pecan Butter
- 1 c. Oatmeal
- ½ c. Chocolate Chips
- ½ c. Flax Seed
- ⅓ c. Bruce's Honey Shack Honey
- 1 t. 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

CARROLLSSAUSAGE.COM

