

Pecan Sandies

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 48

Serving Size: 1 cookie

Ingredients	Quantity	Measure
Dairy-free margarine	1	cup
All-purpose flour	2	cups
Granulated sugar	1/4	cup
Vanilla	2	teaspoons
Pecans, finely ground	2	cups
Powdered sugar	1	pound

Preparation

1. Cream margarine and granulated sugar.
2. Add vanilla; cream well.
3. Add flour and nuts; mix well.
4. Roll in little balls.
5. Place on ungreased baking sheet. Bake 300 degrees for 30-45 minutes.
6. Roll immediately in powdered sugar. Let cool and roll again in powdered sugar before serving.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 125 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 3.6g Polyunsaturated Fat: 2.2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Fiber: 0.6g Total Sugar: 11g Protein: 1g Sodium: 45mg
Vitamin A: 39µg Vitamin C: 0.1mg Calcium: 5mg Iron: 0.4mg Folate: 11µg

