**Pecans**

Pecans are typically known as a type of nut, however, pecans are actually a botanical fruit know as a drupe. Pecans come from a pecan tree which is in the hickory family. They contain more than 19 vitamins and minerals, fiber and heart healthy monounsaturated fats. Pecans are a great natural source of protein and energy. Pecans can be great for a quick snack or used in different types of dishes such as: salads, pasta, crusts for meats and desserts. What better time to learn about pecans then National Pecan Month.

Come join us in April for our Beneficial Bites presentation and learn the history and more nutritional benefits of Pecans.

Created by: Ellen Ellingsworth, MS, UW-Stout Dietetic Intern

