



## The Kitchen at Second Harvest Pistachio Cookies

try at home recipe

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### Ingredients

- 1 cup pistachios, raw, large and unshelled
- ½ cup almond flour
- 1 cup rolled oats
- ¼ cup unsalted butter, melted and cooled
- ¼ cup honey
- 1 large eggs

**Yield: 14 cookies**

### Directions

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Pulse the pistachios in the food processor until they are fairly crumb-like; a few lumps are fine you just don't really want large pieces.
3. Add the ground almonds, oats, melted butter, honey and egg and pulse a few times to mix well. The mixture will be fairly sticky.
4. Divide the dough into 1 ½ tablespoon-sized balls using a spring-loaded scoop. Bake for 8-12 minutes or until cookies are firm and slightly golden at the edges. Cool on the baking sheet for 5 minutes, then transfer to wire racks to cool completely.



Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](https://secondharvestkitchen.org)



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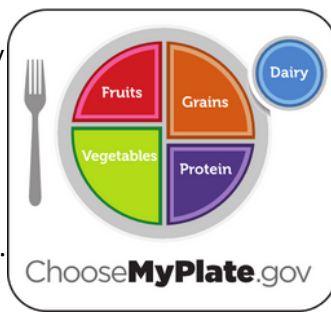


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



**Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.

## Cooking Tips

- Buy large pre-shelled raw pistachios.
- Allow the cookies to sit on the baking sheet for 5 minutes after they come out of the oven. They may look slightly undercooked when they come out, but they will continue to bake as they sit on the hot baking sheet.

**Second Harvest is an equal opportunity provider.**

## Nutrition Facts

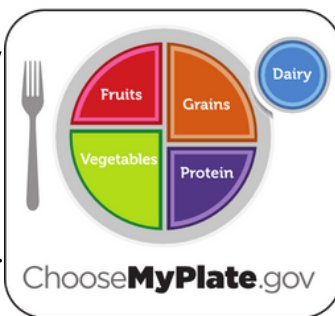
Nutrition Facts	
Serving size	1 cookie
Amount Per Serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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