



Maya Nut Cookbook



from the forest to your mouth...

The Maya Nut Institute



What is Maya Nut?

Maya nut is the fruit of the *Brosimum alicastrum* tree, native to the tropical forests in Mexico, Central America, Cuba, Jamaica, Peru, Ecuador, Bolivia, Brazil, Colombia, and Venezuela. It was the principal food of pre-Hispanic cultures but now its consumption is not very common. Many people don't even know it is edible, much less how to prepare it.

Maya Nut is flavorful, nutritious and versatile. It is relaxing because it contains tryptophan as well as a lot of protein, calcium, potassium, B vitamins, antioxidants, iron, and foliate. Kids that eat Maya Nut perform better in school and are physically healthier. Nursing mothers who eat Maya Nut produce more milk for their babies.

Maya Nut can be prepared fresh or dried. Once it is collected in the forests it is best to eat it soon after. If it is not possible to eat it right away it is best to dry it. To dry Maya Nut spread it out on a drying rack in the sun so that it does not go bad. It cannot be left in plastic bags or sacks for more than an hour because it will moisten and rot and will not be suitable to eat.

PREPARATION OF FRESH MAYA NUT: To prepare it fresh, boil it with ash, a cup of ash per gallon of water. If you do not have ash you can use bicarbonate or lime. Boil the seed for 2 hours or until it has the flavor of a potato. If it does not taste like a potato it is not ready! When it tastes like a potato take it off of the flame and rinse it well with water and take off the papery covering on the outside of the seed. Now it is ready to mash, grind or fry for the recipes!

PREPARATION OF DRIED, TOASTED OR GROUND MAYA NUT: To dry Maya Nut, spread it out on a drying rack for up to 20 days beneath the sun until it is very dry. You can then toast this product in an oven or a pan like one would coffee. Once it is toasted grind it, sometimes it has to be passed through the grinder several times before it is a fine powder. With this powder you can make many delicious and nutritious recipes.

Maya Nut Institute has been working with rural and indigenous women for 10 years to rescue and preserve lost knowledge about Maya Nut. These recipes come from the minds and hands of women from Guatemala, Honduras, El Salvador, Haiti and Mexico. We share these recipes with the hope of helping you appreciate Maya Nut, and with the hope that through our kitchens we can help conserve the tropical rainforests that give us so much food and life.

Recipe Index

Toasted and Ground Maya Nut



DRINKS:

Maya Nut Atole (Honduras)
Corn Atole with Maya Nut
Rice Atole with Maya Nut
Maya Nut Atole with Coconut (Honduras)
Oat Water with Maya Nut (Guatemala)
Horchata with Maya Nut
Maya Nut Coffee (Guatemala)
Sweet Maya Nut Coffee (Honduras)

COOKIES:

Instant Cookies (United States)
Maya Nut Cookies (Honduras)
Peanut Butter and Maya Nut Cookies (Guatemala)
Maya Nut Chocolate Chip Cookies (United States)
Maya Nut Cookies with dried fruit (United States)
Ginger Cookies

DESSERTS:

Maya Nut Rice Krispy Treats (United States)
Fruit Cocktail with Maya Nut (El Salvador)
Maya Nut Milkshake
Maya Nut Flan
Maya Nut Pudding
Maya Nut and Sweet Potato Pudding
Maya Nut Chews
Maya Nut Brownies

BREAKFASTS:

Maya Nut Pancakes
Maya Nut Oatmeal
Maya Nut Energy Balls

SAVORY:

Maya Nut Meat Rub
Maya Nut Infused Black Bean Soup

CAKES:

Pumpkin Maya Nut Cake (Honduras)
Maya Nut Cake
Maya Nut Rolls
Rice Cake with Maya Nut
Yucca Cake with Maya Nut
Maya Nut Banana Bread
Green Forest Cake
Tree Cake
Maya Nut Cupcakes
Maya Nut Chocolate Cake
Yanipán
Gluten Free Maya Nut Cake

DRINKS



Photo by Nidia Lara, AGAPE, El Salvador.



MAYA NUT ATOLE

(Honduras)

Ingredients:

3 liters	Milk
5 T.	Vanilla
4 T.	Ground cinnamon
1 cup	Maya Nut powder
1 cup	Corn flour
	Sugar to taste

Preparation:

Mix the milk, vanilla, cinnamon and Maya Nut powder and cook for 10-15 minutes in a pot. Then add the corn flour (moistened with water) into the pot. When it is hot it is ready to serve!

CORN ATOLE WITH MAYA NUT

Ingredients:

2 cups	Corn flour
1 cup	Maya Nut powder
1 cup	Milk
3 T.	Vanilla
1 T.	Cinnamon

Preparation:

Mix the Maya Nut Powder with the Corn flour, cinnamon and vanilla. Then add the milk. Stir continuously in a pot until it boils. Serve hot.



RICE ATOLE WITH MAYA NUT

Ingredients:

1 cup	Rice flour
½ cup	Maya Nut powder
2 liters	Milk
1 T.	Cinnamon
	Sugar to taste

Preparation:

Cook the rice flour, Maya Nut and cinnamon with a little water, then add the milk and sugar. Boil for 5-10 minutes then serve it hot!

MAYA NUT ATOLE WITH COCONUT

(Honduras)

Ingredients:

2.5 T.	Maya Nut Powder
1 T.	Wheat Flour
2 cups	Coconut Milk
½ tsp.	Cinnamon
	Sugar to taste.

Preparation: In a saucepan heat the coconut milk at medium heat, when it begins to boil stir in the Maya Nut and the flour. Stir constantly to prevent it from sticking, clumping or burning. Finally add the cinnamon and sugar to taste. Let boil for 5 to 10 more minutes. Serve hot.

OAT WATER WITH MAYA NUT

(Guatemala)

Ingredients:

2.5 T	Oats
1 T.	Maya Nut
2 cups	Water
2 T	Sugar
3	Lemon Leaves

Preparation: Rinse the oats and leave to soak for 15 minutes. Next liquefy all of the ingredients in a blender or food processor and serve over ice.



MAYA NUT CEREAL

(Guatmeala)

Ingredients:

2-4 cups Milk
½ Cup Maya Nut Powder
½ Cup Sugar
1 T Ground Cinnamon

Preparation: Mix the ingredients and add to a saucepan. Cook over medium heat for 10-15 minutes. Serve hot. This is ideal for children because it is very nutritious.

MAYA NUT HORCHATA

(El Salvador)

Ingredients:

5 T. Maya Nut Powder
1 T. Vanilla Extract
4 cups Water
¼ Cup Milk
Ice and Sugar to taste

Preparation: Mix all of the dry ingredients in one bowl then add wet ingredients. Add the ice and stir so that it doesn't settle.

MAYA NUT COFFEE

(Guatemala)

Ingredients:

3 cups Milk
¼ cup Maya Nut Powder roasted for Coffee
Sugar and Cinnamon to taste

Preparation:

Mix the ingredients. Serve cold with ice or hot, whichever you prefer.

COOKIES



INSTANT COOKIES

(United States)

Ingredients:

¼ cup	Peanut butter
¼ cup	Coconut Milk
¼ cup	Butter
1 cup	Brown Sugar
1 T	Cocoa Powder
2 tsp.	Maya Nut Powder
¼ tsp.	Salt
2 tsp.	Vanilla Extract
1 ¾ cup	Instant Oatmeal.
¼ cup	Raisins

Preparation: Mix the peanut butter, coconut milk, butter, brown sugar, cocoa powder, maya nut powder, salt and vanilla. Then add the oats and raisins, mix well. Make small 1 inch balls and press them in a greased container. Refrigerate for at least an hour and they are ready!

MAYA NUT COOKIES

(Honduras)

Ingredients:

1/3 cup	Maya Nut Powder
1 cup	Wheat Flour
2/3 cup	Sugar
1/3 cup	Milk
½ tsp.	Cinnamon
1	Egg white
½ tsp.	Baking Powder
Salt to taste	

Add water to improve consistency if needed.

Preparation:

Mix the dry ingredients in one bowl and the wet ingredients in another. Combine them and add water if needed. Place cookies in a greased pan. Bake for 15-20 minutes at 350° or until golden.



PEANUT BUTTER AND MAYA NUT COOKIES

(Guatemala)

Ingredients:

½ bar	Melted Butter
3 T.	Olive Oil
1 cup	Sugar
1 ½ cups	Flour (wheat)
1/3 cup	Maya Nut powder
1 t.	Baking powder
1 t.	Vanilla
1 t.	Ground Cinnamon
1	Egg
½ cup	Peanut Butter

Preparation:

Mix the dry ingredients in a bowl. Add the egg, olive oil, peanut butter, margarine, and vanilla. Mix well and if necessary add a little water. The dough should have the consistency of dough for tortillas. Place spoonfuls of the dough on a pan greased with oil. Bake for 12-15 minutes at 350 degrees.

MAYA NUT CHOCOLATE CHIP COOKIES

(United States)

Ingredients:

1 ¾ cups	Maya Nut powder
1 ¾ cups	Wheat flour
1 ¾ cups	Sugar
1 cup	Butter or margarine, melted
2 t.	Vanilla
2	Eggs
¼ cup	water
1 ½ cups	Chocolate Chips

Preparation:

Combine all dry ingredients. Add the eggs, butter and vanilla. Stir adding water until the dough is the same consistency as dough for tortillas. Add the chocolate chips. Place the dough by spoonful on a greased pan. Bake for 12-15 minutes at 350°.



MAYA NUT COOKIES WITH DRIED FRUIT (United States)



Ingredients:

½ cup	Maya Nut Powder
½ cup	Wheat Flour
½ cup	Instant Oats
1 tsp.	Cinnamon
¼ cup	chopped peanuts or sesame seeds
1 ½ tsp.	Baking Powder
Pinch	Salt
½ cup	Brown Sugar
¼ cup	Butter
2 tsp.	Vanilla
1	Egg
½ cup	Water
½ cup	Raisins, chocolate chips, coconut flake (or a combination of these)

Preparation: Mix the dry ingredients and wet ingredients separately then combine them and mix until they form a thick dough. If necessary add more water. Place and flatten spoonfuls of cookie batter on a baking sheet. Bake at 350° for 10-15 minutes or until golden brown.

GINGER COOKIES

Ingredients:

¾ cup	soft butter
¾ cup	white sugar
1	egg
¼ cup	dark molasses
2 cups	white powder
¼ cup	Maya Nut powder
1 tsp	baking soda
¼ tsp	salt
¾ tsp	ground ginger
¾ tsp	ground cloves
1 tsp	cinnamon

Preparation: Combine butter, egg, molasses and cream together
Combine sucanat, powder, spices and gradually add to creamed mixture
Bake at 350 till done.

DESSERTS



Photo by Daisy Tarrier, Colombia.



MAYA NUT RICE KRISPY BARS (United States)

¾ cup	Almond or Peanut Butter
2/3 cup	Honey or Agave Syrup
1 T	Vanilla
1 T	Cinnamon
2 T	Maya Nut Powder
2 T	Cocoa Powder
1/3 Cup	Chocolate Chips
¾ Cup	Raisins
7 cups	Rice Krispy Cereal

Preparation: heat the almond or peanut butter with the agave or honey on low heat. Once it is melted mix in the vanilla, cinnamon, Maya Nut powder and the cocoa powder. Mix well and add the chocolate chips, raisins and rice cereal. Put it in a greased pan or mold pressing it flat. Leave to cool before cutting into pieces.

FRUIT COCKTAIL WITH MAYA NUT (El Salvador)

Ingredients:

4 cups	Seasonal Fruit (watermelon, melon, mango, papaya, banana, etc.)
2 T.	Maya Nut Powder
½ cup	Fruit juice (can take from the cut fruit)
3 T.	Honey or Sugar (optional)

Preparation: Cut the fruits into bite-sized pieces, mix them with the fruit juice. Sprinkle with Maya Nut and stir adding the honey or sugar if desired.

MAYA NUT DONUTS

Ingredients:

3 cups	Wheat flour
½ cup	Sugar
1 cup	Maya Nut Powder
1 package or	
2 ¼ tsp.	Yeast
1/2 cup	Vegetable Oil
1 tsp.	Salt
Water	

Preparation: Mix all of the ingredients into dough. Form balls and set aside for half an hour. Next fry the dough balls in hot oil. Lastly, sprinkle sugar on the hot snouts and serve.



MAYA NUT MILKSHAKE

Ingredients:

1 cup whole milk
1 tbsp Maya Nut powder
1 tbsp sugar or honey
½ tsp vanilla extract

Preparation: In a blender or a jar with a tight fitting lid, add all ingredients, and blend or shake to mix. This is delicious served warm also!

MAYA NUT FLAN

(El Salvador)

Makes 12 ramekins of 3-4" in diameter.

Ingredients:

4 ½ cups	Milk
½ cup	Maya Nut Powder
1 stick	Cinnamon
5	Eggs
2	Egg yolks
1 cup	Sugar
½ cup	Sugar (to put on top)

Preparation: Preheat the oven to 350°. Mix the milk, Maya Nut, and cinnamon in a saucepan and cook on medium heat for 10-15 minutes, make sure it does not boil. Remove from heat and let cool.

In a thick frying pan heat the half-cup of sugar for a few minutes until it begins to melt. Stir constantly as it heats up and turns to syrup. Remove from heat and immediately pour into molds/ramekins. You must work quickly because the syrup hardens very quickly.

In a bowl combine the 5 eggs with the 2 egg yolks and the sugar and beat until it froths. Pour this mixture into the ramekins on top of the sugar layer. Place all of the ramekins in a casserole dish filled with one inch of hot water. Bake the dish of ramekins for an hour and a half. Let cool and then flip over onto plates to serve.



MAYA NUT PUDDING

(Guatemala)

Ingredients:

4 cups Milk
¾ cup Maya Nut Powder
1 Tbsp. Vanilla extract
4 Tbsp. Corn Starch
Sugar to taste

Preparation: Boil the 3 ½ cps of the milk, the sugar and the Maya Nut in a saucepan. In a small bowl mix the cornstarch with a half-cup of cold milk. Add this mixture to the mixture in the saucepan stirring constantly. Heat for 7-10 more minutes until it thickens. Keep the heat just low enough so that it does not burn. Once it has thickened, take it off the heat and add the vanilla. Serve hot or cold.

MAYA NUT SWEET POTATO PUDDING

(Jamaica)

Ingredients:

4 cups Sweet potato cooked and mashed (or canned)
¾ Cups Wheat Flour
¾ Cups Maya Nut Powder
1 ¾ Cups Brown Sugar
1 Cup Coconut milk
3 1/3 Cups Lukewarm Water
1 tsp. Nutmeg
½ tsp. Allspice
½ tsp Cinnamon
1 Tbsp. Molasses
¼ cup Red wine
1 Tbsp. Vanilla extract
½ cup Raisins
2 Tbsp. Melted butter or margarine.
¼ tsp Salt

Preparation: Mix the coconut milk with the sweet potato, then add the flour, Maya Nut, sugar, spices, salt and raisins. Last add the butter or margarine. Pour into a greased pan or mold. Bake at 350° for 60 minutes or until it is done.



MAYA NUT CHEWS

Ingredients:

½ cup	Butter
3	Eggs
1 cup	Sugar
2 cups	Corn Flour
1 cup	Maya Nut Powder
2 tsp	Baking Powder
4 tsp	Vanilla
Salt to taste	
Water	

Preparation: Mix the dry ingredients. In a separate bowl beat the eggs with the butter and little by little mix in the dry ingredients until they are incorporated. Put spoonfuls of the dough in a greased casserole pan. Bake for 12-15 minutes at 350°.

MAYA NUT BROWNIES

Ingredients:

1 1/3 cups	Spelt or Wheat flour
1/2 cup	Sugar
1/2 cup	Ghiradelli Sweetened cocoa powder
1/4 cup	Roasted Maya Nut powder
1/4 tsp.	Salt
1/4 tsp.	Baking powder
1/4 tsp.	Baking soda
1 cup	Chocolate Chips
1 cup	Chopped walnuts
4	Eggs
1 cup	Melted Butter
1 Tbsp.	Vanilla
1 Tbsp.	Coconut Oil

Preparation: Mix wet ingredients in food processor, add to dry. Spray pan with canola oil, line with parchment, spray parchment. Pour batter in to pan, sprinkle nuts on top. Bake at 350 degrees for 20 minutes.

CAKES



Photo by Erika Vohman. Nicaraguan women learning to cook with Maya Nut.

PUMPKIN MAYA NUT CAKE (Honduras)



Ingredients:

1	Pumpkin (cooked and mashed- or canned)
2 cups	Wheat Flour
1 cup	Maya Nut powder
3 cups	Sugar
3 T.	Baking powder
2 cups	Oil
1 t.	Salt
4 cups	Water

Preparation:

Mix the dry ingredients in one bowl and the wet ingredients in another. Combine the two mixtures and try the dough to test the flavor (sometimes it needs more sugar). Pour this in a pan and bake at 350 for 30 minutes or until ready. This cake is good for longevity!!

MAYA NUT CAKE

Ingredients:

2 cups	Corn Flour
1 cup	Maya Nut Powder
2 cups	Sugar
1 ½ cups	Vegetable Oil
5	Eggs
1 Tbsp.	Baking Powder
2 Tbsp.	Vanilla
2 Tbsp.	Cinnamon
	Salt to taste
	Water

Preparation: Mix the dry ingredients separate from the wet ingredients. Then mix the 2 together. Pour batter into a pan greased with a little oil and flour so it does not stick. Bake at 350° for 20-30 minutes.

MAYA NUT ROLLS (Honduras)

Ingredients:

4 cups	Wheat flour
2 cups	Maya Nut powder
4 cups	Sugar
3 cups	Oil
4	Eggs
3 T.	Yeast
3 T.	Vanilla
1 t.	Salt
4 cups	Water

Preparation:

Combine all the dry ingredients in one pan and the wet ingredients in another. Combine the two mixtures and knead them together. Cut into small pieces and roll them into balls. Place them on the pan. Set them aside to rise a bit before baking them.



Did you Know????

Maya Nut has more fiber than soy and oatmeal. For this reason it is recommended for people who suffer from constipation and colitis.

YUCCA CAKE WITH MAYA NUT (Honduras)



Ingredients:

2.5 cups	Grated Yucca
1 cup	Sugar (toasted)
½ cup	Maya Nut powder
¼ cup	Flour (wheat)
2 Tbsp.	Oil
1 tsp.	Baking powder
1/4 tsp.	Salt
1 tsp	Ground Cinnamon
	Vanilla to taste

Preparation:

Strain the grated Yucca to get the water out, and then add the rest of the ingredients except sugar. Toast the sugar separately and when it is ready add into the previous mixture to give it a caramel color. In a pot put the oil then add the prepared mixture. Bake for 40-60 minutes at 400 degrees. Drizzle with vanilla and cinnamon several times while it cooks. Serve Hot.

MAYA NUT BANANA BREAD

Ingredients:

1 cup	Wheat Flour
1 cup	Maya Nut Powder
1 T.	Baking powder
¼ t.	Salt
¼ T.	Ground cinnamon
1 cup	Brown sugar
1 cup	Mashed ripe banana
1 T.	Vanilla

Preparation:

Mix the dry ingredients in one bowl and the wet ingredients in another. Combine the two mixtures and pour the batter into a greased pan. Bake at 350° for 30 minutes or until it is done.

GREEN FORREST CAKE

(United States)

Ingredients:

1 cup	Wheat Flour
1 cup	Maya Nut Powder
1 T.	Baking Powder
¼ t.	Salt
1 cup	Sugar
2	Eggs
¾ cups	Oil
1 t.	Vanilla
½ cup	Water or Milk

Preparation:

Mix the dry ingredients in one bowl and the wet ingredients in another. Combine the two mixtures and try the dough to check the flavor (sometimes it needs more sugar). Place the dough in a pan and bake at 350° for 30 minutes or until it looks ready. This cake is great for longevity!

TREE CAKE

(United States)

Ingredients:

1 cup	Flour (wheat)
½ cup	Maya Nut powder
½ cup	Cocoa powder
1 T.	Baking powder
¼ t.	Salt
1 cup	Sugar
2	Eggs
1 cup	Coconut milk
1 t.	Vanilla
½ cup	water (optional)
1 cup	Almonds, chocolate chips, or raisins

Preparation:

Mix the dry ingredients in one bowl and the wet ingredients in another. Combine the two mixtures and try the dough (sometimes it needs more sugar). Put the dough in a pan and bake at 350 degrees for 30 minutes or until it is ready. This cake is a gift of the Maya Nut, Coconut, Cacao and Almond trees.



MAYA NUT CUPCAKES (Honduras)



Ingredients:

5 cups	Wheat Flour
4 cups	Sugar
2 cups	Maya Nut powder
1 T.	Baking powder
¼ t.	Salt
4	Eggs
1 ½ cups	Oil
4 ¼ cups	Water or milk
½ t.	Vanilla
½ t.	Cinnamon

Preparation:

Mix the dry ingredients separate from the wet ingredients. Combine the two mixtures and pour into greased or lined cupcake pans. Bake at 350° for 25-30 minutes.

MAYA NUT CHOCOLATE CAKE

Ingredients:

3 cups	Wheat Flour
¾ cups	Maya Nut Powder
¼ cup	Cacao Powder
3 cups	Sugar
3	Eggs
1 cup	Oil
1 ½ Tbsp.	Baking Powder
1 Tbsp.	Vanilla
1 Tbsp.	Cinnamon
½ tsp.	Salt
2 cups	Water

Preparation: Mix all of the dry ingredients in one bowl and the wet ingredients in another. Then combine the wet and dry mixtures and pour into a greased and floured pan. Bake at 350° for 30-45 minutes until it is done.

YANIPÁN (Honduras)

Ingredients:

1 cups	Maya Nut Powder
2 cups	Wheat flour
1 ½ tsp.	Baking powder
¼ cup	Sugar
¼ cup	Butter
1 T.	Vanilla
½ cups	Grated Coconut
½ cups	Coconut Milk
½ t.	Salt
1 ½ cups	Water

Preparation:

Mix the dry ingredients then add the coconut milk and butter and mix well. Cut the dough into small pieces and balls, place them on the pan and cover with a damp cloth for 10 minutes while they rise. Bake at 400° for 15 minutes or until golden brown.



GLUTEN FREE MAYA NUT CAKE

Ingredients:

1 cup	coconut oil
1 2/3 cup	sugar
10	eggs
1 tsp	vanilla extract
2 cups	coconut flour
½ cup	cocoa powder
½ cup	Maya Nut powder
1 ½ tsp	baking powder
1 tsp	salt
1 1/3 cup	milk

Preparation: Combine oil and sugar and beat until fluffy. Add eggs one at a time and beat for 3 minutes at high speed. Add vanilla. In a separate bowl combine dry ingredients and mix well. Add dry ingredients alternating with milk to butter-sugar-egg mixture. Beat batter for 5 minutes at high speed. Spoon batter into two 8 or 9 inch well greased cake pans. Bake at 350 degrees for 30-35 minutes or until done.

CHOCOLATE MAYA NUT CHEESECAKE

¾ Cups	Maya Nut Powder
3-	8oz packages of cream cheese
1 C	Sugar
1 tsp	Vanilla
3	Eggs
2 Tbs	butter + 1 stick
½ Cup	Semi-Sweet Chocolate Chips
1 Sleeve	Chocolate Graham Cracker (Crust)



Preparation: For Crust: Melt one stick of butter, crumb one sleeve of Graham Crackers in good processor. Combine graham crackers and butter and form unto the bottom of 9-inch spring foam pan.

For Filling: Mix sugar, cream cheese until smooth. Add eggs and vanilla. In medium saucepan melt 2 Tbs butter. Add chocolate chips to the melted butter until fully incorporated (melted). Add Maya Nut powder to the melted chocolate stir until fully incorporated. Add chocolate Maya Nut mixture to cream cheese mixture and mix until fully incorporated (mixture should look slightly fluffy). Using a spatula, pour filling over crust

Preheat Oven to 325 and bake until center becomes solid (roughly 1 hour)

BREAKFASTS



Photo by Daisy Tarrier, Colombia.



MAYA NUT PANCAKES

Ingredients:

1	½ cups all purpose flour
4 tbsp	Maya Nut powder
3 ½ tsp	Baking Powder
1tsp	salt
2 tbsp	sugar
1 ¼ cups	milk
1	egg
3 tbsp	melted coconut oil
½ cup	chopped toasted pecans or walnuts
1 tsp	vanilla extract

Preparation: In a large bowl, sift together the dry ingredients. Make a well in the center and pour in the milk, egg, vanilla and melted coconut oil: mix until smooth then add the nuts. Heat more coconut oil in a griddle or frying pan over medium high heat. Pour the batter onto the griddle, using approximately ¼ cup batter per pancake. Brown on both sides and serve hot.

MAYA NUT OATMEAL

Ingredients:

3 1/2 cups	Water
1 dash	Salt
1 cup	Steel cut oats
1/2 cup	Coconut or Regular milk
1/2 cup	Toasted nuts (of your choice)
1/4 cup	Raisins or other dried fruit
1 tsp.	Vanilla extract
1 tsp.	Cinnamon
3 Tbsp.	Roasted Maya Nut powder
1/4 cup	Maple syrup or brown sugar

Preparation:

In a saucepan bring water and salt to a boil. Stir in oats, Cook oats with Maya Nut until thick and soft, 20-30 minutes. Stir milk, nuts, fruit, vanilla extract and cinnamon into cooked oats; continue cooking 10 minutes more, stirring frequently. You can use instant oats, reduce water to 2 cups.

MAYA NUT ENERGY BALLS

Ingredients:

- 2 cups ground oats
- 2 cups raw unsweetened coconut flakes
- 1 cup peanut or almond butter
- 1 cup ground nuts
- 1 cup mini chocolate chips or currants
- 2/3 cup honey or agave nectar
- 2 tsp vanilla
- 1tsp almond extract
- 1 tbsp Maya Nut powder (add to the wet ingredients so it blends nicely)

Preparation: Mix all ingredients thoroughly. Roll into bite-sized balls. Freeze or refrigerate.



SAVORY



Photo by Erika Vohman. Women in San Pedro del Norte, Chinandega Nicaragua showing their Maya Nut products.

MAYA NUT MEAT RUB



Ingredients:

- 3 Tbsp. Roasted Maya Nut powder
- 2 Tbsp. Kosher salt
- 2 Tbsp. Chili powder
- 2 Tbsp. Dark brown sugar
- 2 tsp. Garlic powder
- 2 tsp. Onion powder
- 1 tsp. Mustard powder
- 1/2 tsp. Ground cumin

Preparation: Combine all ingredients. Rub 1/4 cup onto 1 lb flank steak, chicken or pork and marinate in the fridge for at least 8 hours. Makes about 1/2 cup.

MAYA NUT INFUSED BLACK BEAN SOUP

Ingredients:

- 2 Tbsp. Olive Oil
- 1 Red Onion
- 1 Red pepper (diced)
- 4 stalks Celery (diced)
- 4 Carrots (diced)
- 3 cloves Garlic
- 3 Bay Leaves
- 1/2 tsp. Salt
- 2 Tbsp. Roasted Maya Nut powder
- 1/2 tsp. Black pepper
- 1/2 tsp. Smoked paprika
- 1 tsp. Chili flakes
- 1 can Green Chillis
- 1/2 tsp. Cinnamon
- 1/8 tsp. Cloves
- 28 oz can Diced tomatoes
- 4 cups Vegetable broth
- 1 can Fresh cilantro (chopped)

Preparation: In a large pot heat olive oil over medium heat. Add onions, red pepper, carrots and celery. When onions have softened and are starting to look translucent add the garlic and spices. if the vegetables start to stick add some of the vegetable stock to loosen them. Allow the spices to toast until they become fragrant, 5-8 minutes. Add the remaining ingredients, bring to a boil then reduce heat to a simmer. Let cook for 20 minutes or until vegetables are tender. top with cilantro when serving.