

14 DELICIOUS WAYS TO GO NUTS IN THE KITCHEN





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1 / 2OUNCES OF TREE NUTS

IN 2003, THE FOOD AND DRUG **ADMINISTRATION (FDA) APPROVED** A QUALIFIED HEALTH CLAIM FOR **NUTS AND HEART DISEASE:**

"Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

Mixin' It Up with Tree Nuts

Even the most inventive home chefs can find themselves in need of a little inspiration. So, the next time you're feeling stuck in a rut, try mixin' it up with the help of nutritious, protein-packed tree nuts.

Mixed tree nuts — including almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts — are so much more than just a snack or garnish. Just a few handfuls can be the foundation of a hearty, nutritious meal, or add nuts for more taste and texture to put your favorite dishes over the top. When you have mixed nuts on your side, the possibilities are endless from simple healthy swaps to bold creations that everyone will love.

SO MUCH GOODNESS INSIDE

This recipe booklet includes all the step-by-step instruction, nutritional information and everyday inspiration you need to go nuts in the kitchen any time of day. Although some recipes may provide specific recommendations on which nuts to use, each one is designed to work with any combination of tree nuts. Because why limit yourself? Mixin' it up is all about getting creative, and sometimes that means using the ingredients you have on hand. The versatility of tree nuts allows you to use what's convenient, and the variety gives you the freedom to customize each dish to your tastes.



BEFORE DIVING IN, LET'S MEET OUR NUTTY CAST OF CHARACTERS, EACH WITH ITS OWN PERSONALITY AND FLAVOR.

ALMONDS

Subtle | Versatile | High levels of antioxidant vitamin E

BRAZIL NUTS

Smooth | Dense | A full daily value of selenium



CASHEWS

Creamy | Slightly sweet | Ideal for blending into dairy alternatives



HAZELNUTS

Sweet | Elegant | Good source of vitamin E and manganese

MACADAMIAS

texture | Great in baked goods



Research suggests that diets rich in tree nuts are associated with improved cognitive health, lower risk factors for cardiovascular disease, reduced risk for various types of cancer and so much more.



PECANS

Distinctive | All-American flavor | Good source of fiber

PINE NUTS

Soft | Buttery | Perfect for pesto and much more

PISTACHIOS

Vibrant | Versatile | Good source of protein



WALNUTS Hearty | Earthy | Excellent

source of omega-3 fatty acid

However you mix and match, you can feel good that you're building your meals around nutrient-dense whole foods.

All nine of these tree nuts provide dietary fiber and plant-based protein, as well as many essential vitamins and minerals. Mixed nuts are delicious and satisfying today, and in the long term, the benefits are even greater.

Now without further ado, let's mix it up and go nuts!



Light and creamy with a sweet-sour kick. Hip, hip, purée!



Mediterranean Carrot Soup with Raisin Nut Agrodolce

Mediterranean Carrot Soup with Raisin Nut Agrodolce

The Mediterranean diet was made for mixin' it up, with its emphasis on healthy fats, fresh veggies and variety. Dense, smooth nuts (like macadamias or Brazil nuts) make this purée deliciously silky without the need for additional fat or dairy. The nutty agrodolce (a sour-sweet Italian condiment) adds brightness and textural contrast. Luscious yet light, this soup is a beautiful example of tree nuts' versatility.



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Cook: 20-25 min.

Cool: 2 min.

Serves 4

SOUP

¹/₂ teaspoon fennel seeds

1 tablespoon olive oil

1 clove garlic, finely diced

¹/₂ teaspoon allspice

¹/₂ teaspoon ground coriander

 $\frac{1}{2}$ cup dense nuts, such as almonds, hazelnuts, macadamias, Brazil nuts or a mixture

1 pound carrots, peeled and chopped

4 cups chicken or vegetable stock

Salt and freshly ground pepper to taste

¹/₄ cup Greek yogurt, to serve

RAISIN, NUT AND CUMIN AGRODOLCE

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1 tablespoon cumin seeds

2 tablespoons honey

Juice from 1 lemon

4 tablespoons golden raisins

4 tablespoons nuts — pistachios, pine nuts, walnuts work great with these flavors

Nutritional Facts: Per Serving (4 servings): 320 calories, 18g total fat, 3g saturated fat, 12g monounsaturated fat, 3g polyunsaturated fat, 770mg sodium, 35g carbohydrate, 5g dietary fiber, 11g protein, 2mg iron and 820mg potassium.



This soup is also wonderful made with butternut squash, potatoes, cauliflower or even mushrooms, and you can add some spice such as chilis to make it your own!

Heat a large saucepan over medium heat, add fennel seeds and toast for 1 minute. Add olive oil, garlic and spices and cook 1 minute, until aromatic. Add nuts and cook 2-3 minutes, stirring, until nuts are aromatic but not browned. Add carrots and stock and bring to the boil.

Reduce heat to a simmer and cook for 10-12 minutes or until carrots are soft but haven't lost their color. Cool slightly, then place carrots in blender with half the liquid. Puree, adding remainder of liquid as you puree until desired consistency. If still too thick, add some more stock, wine or, for a creamy version, milk.

Season to taste and return to heat.

To make agrodolce, toast cumin seeds in a dry pan on medium heat until aromatic, about 1 minute. Add honey, stir to just melt, then stir in lemon, golden raisins and nuts. Remove from heat.

Spoon soup into bowls and top with a swirl of yogurt, followed by agrodolce.



Vegetable, Rice & Nut Burgers with Tomato Salsa

With so much nutty vegetable goodness packed into every bite, "Where's the beef?" will be the last thing on your mind. This hearty handheld is built around chopped nuts and mushrooms, held together with nut meal, breadcrumbs and rice, then punched up with a variety of herbs and spices. Topped with a fresh and toasty tomato salsa, it's a bold, flavorful alternative to the same old burger.



Prep: 20 min.	Cook: 10 min.	Serve right away	Serves 4
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Nutritional Facts: Per Serving (4 servings): 730 calories, 33g total fat, 5g saturated fat, 21g monounsaturated fat, 5g polyunsaturated fat, 720mg sodium, 22g protein, 8g dietary fiber, 5mg iron and 793mg potassium.



Mix it up by adding your own spin to these burgers. Try using cooked grains instead of rice and any other vegetables, such as finely diced broccoli, shredded zucchini or parsnip and fresh herbs of choice. Or, make them a global experience with a soy or ponzu glaze instead of the salsa, or add some curry to the mix and top with grated cucumber and yogurt.

BURGER

2 tablespoons extra-virgin olive oil 1 shallot, chopped ¹/₂ teaspoon mustard seeds ¹/₂ teaspoon cumin seeds 8 ounces mixed mushrooms, such as shiitake, cremini, portobello, diced (shiitake will add the depth of umami) 1 teaspoon chopped sage leaves ¹/₂ cup grated carrot or butternut squash ¹/₄ cup chopped parsley ¹/₂ cup finely chopped nuts of 2 cups cooked rice (brown, black forbidden or short grain) Juice and zest of 1/2 lemon Salt and freshly ground pepper 1 cup panko bread crumbs $\frac{1}{2}$ cup mixed nuts, processed to a fine powder (or buy nut meal, such as almond or hazelnut)

To serve, ciabatta buns, Dijon mustard, arugula, and plain Greek yogurt

SALSA

choice

2 ripe Roma tomatoes, chopped

2 tablespoons chopped fresh basil

1 teaspoon olive oil

2 tablespoons toasted pine nuts, diced macadamias and/or walnuts Combine salsa ingredients and set aside.

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Heat half of the olive oil in a nonstick pan over medium heat. Add the shallot, mustard and cumin seeds and sauté until aromatic, about 1 minute. Add the mushrooms and sage, and sauté until soft and browned, 4-5 minutes, adding more oil if needed. Remove from heat and allow to cool slightly, squeezing off any excess moisture.

Place the sautéed mushrooms, nuts, rice and ¹/₂ of the panko in a food processor. Pulse until just combined, but still coarse. Add carrot, parsley, lemon juice and zest, and pulse just to mix in. Season to taste.

Transfer to a large bowl and fold in ¹/₄ cup panko. Test to see if mixture holds together to form burgers. If too wet, add more panko.

Combine remaining panko with nut meal. Shape mixture into 4 burgers and roll in crumbs. Place them on a large plate, cover and chill in the fridge for 1 hour.

Heat a nonstick or cast-iron skillet over medium heat. Coat the bottom of the skillet with remaining oil and cook the burgers for 4-5 minutes each side or until golden brown and crisp.

While burgers are cooking, grill or toast cut sides of Ciabatta, spread with Dijon and place lettuce on base. Top with a burger and a dollop of yogurt. Spoon a mound of tomato salsa on top, add the top Ciabatta and serve right away.

Apple Galette with Nut Pastry

Fun, familiar and downright pastry-otic!



Apple Galette with Nut Pastry

Bake out of the ordinary with this nut-infused take on the classic apple pie. Mixing finely ground nuts into your pastry dough adds layers of toasty flavor and results in a light and flakey crust. The spiced apple filling is familiar and comforting, while the customizable nutty topping and the galette's freeform design invite you to get creative.



Prep: 45-50 min.	Cook: 45-55 min.	Cool: 10 min.	Serves 10
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Nutritional Facts: Per Serving (10 servings): 360 calories, 19g total fat, 6g saturated fat, 10g monounsaturated fat, 3g polyunsaturated fat, 60mg sodium, 45g carbohydrate, 4g dietary fiber, 6g protein, 1mg of iron and 235mg potassium.

PASTRY

1 cup raw macadamias, almonds, hazelnuts, pine nuts (or a mixture, frozen or chilled)	
¾ cup plain flour	2
¼ cup cornstarch	
3 tablespoons sugar	
1 egg, beaten, plus one for glaze	
2-3 tablespoons chilled water	3
FILLING	
4 large baking apples, cored and sliced into ¼ inch slices	4
Juice and zest of ½ lemon	
⅓ cup sugar	5
1 teaspoon vanilla extract	
1 teaspoon cinnamon	6
2 tablespoons unsalted butter, melted	
Pinch of salt	7
CRUMBLE	
¼ cup rolled oats	
¼ cup flour	8
½ cup chopped pecans, walnuts and/or pistachios	9
¼ cup brown sugar	
4 tablespoons soft butter	



Although apples are the traditional fruit for this recipe, there's no reason not to try other fruit in season such as pears, rhubarb, peaches, apricots and nectarines. Get playful with vour own nut and fruit combination!

1 To make pastry, place the nuts, flour, cornstarch and sugar in a blender and process until nuts are finely ground. Add egg and pulse to combine, then add water in a slow drizzle until mix forms a dough.

2 Transfer to a floured board and knead gently until smooth. Cover in plastic wrap and allow to sit in refrigerator for at least 30 minutes. (Pastry can be made a few hours ahead of time.)

Place apples and remaining ingredients in a large bowl and mix with hands until apples are thoroughly coated in mixture.

To make crumble, combine oats, flour, nuts and sugar in a bowl. Cut butter into small pieces and add to mix. Rub in with fingertips until evenly distributed.

Preheat oven to 350° F. Lay a sheet of parchment on a baking tray.

Roll the dough out to a rough oval to fit tray, about ¹/₄-inch thick. Carefully lift onto parchment.

Lay apples over pastry, leaving 2-3 inches at edge. Fold pastry over apples, creating pleats to enclose the filling. Whisk remaining egg with a teaspoon of water and brush evenly over pastry.

Scatter crumble mixture over apples then transfer to the oven.

Bake 45-55 minutes or until golden brown and caramelized.



Mixed Nuts, Zucchini & Ricotta Pizza

A pizza is a blank canvas, and an unexpected combination of toppings elevates this humble homemade pie to a work of art. Swap the classic tomato sauce for a simple pesto (or a spicy Thai Chili Sauce), then pile high with sweet and nutty, bitter and bright flavors. The richness of ricotta brings it all together.



Prep: 15 min.	Cook: 13-15 min.	Cool: 2 min.	Serves 4
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Nutritional Facts: Per Serving (4 servings): 510 calories, 28g total fat, 7g saturated fat, 13g monounsaturated fat, 6g polyunsaturated fat, 630mg sodium, 52g

carbohydrate, 2g dietary fiber, 16g protein, 4mg iron and 257mg potassium.

SCT3

Freshly ground pepper

Mix it up by following the seasons with this pizza. You can use any nut for the pesto to go with vegetables that are in abundance. Roasted winter squash pairs wonderfully with pecan or macadamia pesto, as do tomatoes and pine nuts, mushrooms and hazelnuts, and bell peppers with Brazil nuts.

PISTACHIO PESTO

½ cup pistachios
1 tablespoon shredded parmesan cheese
3 tablespoons olive oil, plus extra for drizzling
Juice and zest of ½ lemon
PIZZA
1 ball pizza dough, store-bought or homemade (Many pizza restaurants will also sell you a ball of pizza dough.)
1 zucchini, finely sliced (or finely sliced Brussels sprout)
3-4 leaves basil, sliced
½ cup fresh ricotta
2 tablespoons dried currants
2 tablespoons roasted pine nuts, diced walnuts and pistachios
1 handful arugula

1 t 1 t 4 t Dir (dc Preheat oven to 475-500° F.

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To make the pesto, place the nuts, parmesan and olive oil in a blender and pulse on and off to a coarse paste. Add half the lemon juice and zest and pulse for a few seconds. Season to taste with salt.

Stretch the dough to desired size for your pizza pan or stone. Spread with pistachio pesto and arrange zucchini slices over top. Bake for 5 minutes or until dough is starting to color.

Remove from oven. Mix ricotta with remaining lemon zest and spoon small dollops over pizza, top with basil, and return to the oven. Bake 8-10 minutes or until crust is golden (check the bottom).

While still piping hot, scatter with currants, pine nuts, walnuts and a handful of arugula. Drizzle remaining lemon juice and a little olive oil and fresh pepper on top, and/or optional Pizza Sauce Topping.

OPTIONAL PIZZA SAUCE TOPPING

1 Thai chili

1 teaspoon water

4 tablespoons honey

Directions: Mix ingredients and heat to just a simmer (do not boil). Drizzle on top of pizza and enjoy.



Flavored Nuts

Ready to choose your own nutty adventure? This recipe provides a handful of ways to prepare your very own nut delight, flavored just the way you like it. They're delicious as is, atop salads or as part of a showstopping charcuterie board. Get inspired with the suggestions below — roasted and spiced, sauteed and sweet, caramelized to perfection and much more — then mix it up and put your spin on it. There's no wrong way to go nuts!



Prep: 10-20 min.	Cook: 10-40 min.	Cool: 10-20 min.	Serves 5
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Nutritional Facts: Per Serving (5 servings): 180 calories, 16g total fat, 2.5g saturated fat, 9g monounsaturated fat, 5g polyunsaturated fat, 80mg sodium, 6g carbohydrate, 2g dietary fiber, 6g protein, 1mg iron and 179mg potassium.

ROASTED NUTS

There are a few different ways to add seasoning to nuts in the oven:

- 1 Toss 1 cup of nuts in a teaspoon of oil, then dust with spices of choice — chili, cumin, turmeric, cardamom, nutmeg, allspice, Chinese five spice, mustard powder or any other powdered herb. Lay on a lined baking tray and roast for 15-20 minutes at 350°F until golden brown.
- Place nuts in a casserole dish, drizzle with 2 olive (or preferred nut oil) and scatter fresh sprigs of herbs over top, such as rosemary, thyme, oregano, sage or bay leaves. Even a few thin slices of lemon or orange zest work well. Toss to combine. Place in 350°F oven and bake for 10-15 minutes, tossing once or twice during cooking, until nuts are golden brown and aromatic. Cool and place in sealed jars with the seasonings and zest so flavors can develop.

SAUTÉED NUTS

Sautéing provides a rich coating for nuts and is best eaten straight away or within a week. Sautéed nuts are great on cheese platters and in rice, pasta and stir fries.

- Melt a mixture of 1 tablespoon butter and 1 1 tablespoon oil in a large saute pan.
- 2 When melted, add a teaspoon of powdered seasoning, such as the combinations listed above, and stir until well blended.
- **3** Add a cup of nuts of choice and stir to coat. Cook over medium-low heat, tossing pan constantly, until nuts are golden brown. Pour into a strainer and allow to cool.

CARAMELIZED NUTS

Stove Top:

1 Place 1 cup of nuts, ¹/₄ cup sugar and 1 tablespoon butter in a nonstick pan over medium heat and cook, stirring for 5 minutes. Seasonings such as cinnamon and nutmeg can be added while stirring.

Pour onto parchment paper and allow to 2 cool, then break apart with hands. Store in a sealed container at room temperature.

Oven:

1 Toast the nuts in the oven first. (Instructions for toasting can be found on page 33.) Next, make a traditional caramel in a saucepan with ¹/₄ cup sugar and 1 tablespoon butter and toss in the nuts when ready. Try using a bit of Grand Marnier or other liqueur in the caramel and then pour onto parchment paper to cool.

SWEET-DUSTED NUTS

Whether it's cocoa, mint powder, cinnamon or vanilla, making sweetened nuts is simple and a great alternative to chocolate and candy. Sweetdusted nuts are great chopped and sprinkled on oatmeal, yogurt or ice cream.

- 1 Toss nuts in whisked egg white, just enough to coat, then add powdered spices, such as cinnamon, nutmeg, allspice or ginger, and a sprinkle of sugar.
- 2 Toss well, then transfer to a lined baking sheet and bake on a low heat, 250°F, for 30-40 minutes or until golden and the mixture is caramelized on the nuts.

Cocoa-Dusted Nuts:

- 1 Soften ¹/₄ cup honey until runny. Add a few drops of vanilla if desired, then add 1 cup roasted nuts and toss to coat well. Strain off excess liquid.
- 2 Place cocoa in bowl, add nuts and toss to coat all nuts. The best way to do this is to lift and shake the bowl. Spread on a lined tray to dry.

Mint-Dusted Nuts:

- 1 Combine ¹/₄ cup of powdered sugar and ¹/₄ cup cornstarch. Add a few drops of pepperment essence.
- 2 Add nuts to coat and proceed as above.







Oven-RoastedVeggies with Mixed Nut Crumble

A casserole cheat code for busy home chefs.

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Oven-Roasted Veggies with Mixed Nut Crumble

Simple. Healthy. Customizable. That's the magic of mixed nuts in a nutshell, and it perfectly sums up this nutty vegetable bake. Roasted fennel, zucchini and umami-rich mushrooms make a great combination, but there's plenty of other variations too. Check out the vegetable alternatives, each with suggested nut pairings, and always have a nutritious, crowd-pleasing meal at the ready.



Prep: 20 min.	Cook: 35 min.	Cool: 10 min.	Serves 4
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Nutritional Facts: Per Serving (4 servings): 250 calories, 19g total fat, 3g saturated fat,

13g monounsaturated fat, 3g polyunsaturated fat, 570mg sodium, 18g carbohydrate, 7g dietary fiber, 8g protein, 2mg iron and 879mg potassium.



Mix it up by altering roasted vegtables and nut pairings. Eggplant - walnuts and macadam Winter squash - pecans and pine

VEGETABLES

white parts only 1 cup quartered mushrooms	
2 small zucchini, cut into ½ inch slices	
½ cup sliced basil, separated	
1 lemon, sliced	
6 Roma tomatoes, quartered lengthways (or a small tub cherry tomatoes, halved)	
2 tablespoons extra-virgin olive oil	
Salt and freshly ground pepper to taste	
MIXED NUT CRUMBLE	

MIXE

1 cup roughly chopped nuts of choice: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and/or walnuts

¹/₂ cup parmesan cheese

Preheat oven to 350°F. Lightly oil or line an ovenproof dish.

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Combine nuts. Halve the basil and parmesan cheese and set aside.

Slice fennel in half lengthwise, remove the core, and slice into 6-8 wedges.

Place in a large sieve with the mushrooms, zucchini and the remaining basil.

Drizzle olive oil over vegetables and rub all over so they are fully coated. Season to taste with salt and pepper.

Add tomatoes and lemon.

Place in ovenproof dish and bake for 25 minutes, then scatter crumble over top.

Bake for 10 minutes further or until vegetables are tender and crumble is golden.

nias	Brussels sprout – cashews and hazelnuts
e nuts	Peppers and potato – almonds and pistachios



Quinoa, Fennel & Orange Salad with Cranberry Nut Sala

When your go-to salad starts feeling like the same old salad, you know it's time to mix it up. Fresh fennel and carrot dressed with citrus and herbs burst with bright flavor, and a spoonful of cranberry nut salsa tops it all off with a tart and toasty crunch. The addition of naturally gluten-free quinoa gives this salad enough body to help you refuel or power up for the afternoon ahead.



Prep: 20 min.	Cook: 20 min.	Cool: 15 min.	Serves 4
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Nutritional Facts: Per Serving (4 servings): 300 calories, 16g total fat, 2.5g saturated fat, 9g monounsaturated fat, 3g polyunsaturated fat, 530mg sodium, 37g carbohydrate, 6g dietary fiber, 6g protein, 2mg iron and 617mg potassium.



There are so many grains you can use for this bowl — farro, barley, couscous, rice and wild rice. Give it a seasonal twist with peaches and arugula with almonds or heirloom tomatoes with mint and pistachios in summer; roasted squash and basil with walnuts in fall; or shaved Brussels sprout with hazelnuts in winter. Rather than cranberries, you can also try currants, dates or any fruit and nut combination you like.

SALAD

1 cup quinoa (Try multicolored for a visual treat.) 1 teaspoon fennel seeds 1³/₄ cups vegetable stock 1 bulb fennel, white part shaved 2 green onion, finely sliced $\frac{1}{2}$ cup grated carrot 8-10 basil leaves 8-10 mint leaves Zest and juice of 1 orange 2 tablespoons olive oil

CRANBERRY NUT SALSA

2 ounces nuts, such as sliced almonds, chopped hazelnuts, walnuts, pecans or cashews.

- 2 ounces cranberries
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar

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Heat a large heavy saucepan over medium heat. Add the quinoa and fennel seed and cook, shaking pan until fennel is aromatic, 1-2 minutes.

Add stock and bring to a simmer. Reduce heat and cook for 10-12 minutes or until tender but still with a bite. Strain any remaining liquid, then fluff quinoa with a fork and set aside.

Prepare the cranberry nut salsa: Roast nuts in oven at 350°F for 5-6 minutes until just golden. Place cranberries, vinegar and sugar in a small saucepan and gently warm. Add roasted nuts and remove from heat.

Toss quinoa with fennel, green onion, carrot, orange zest and herbs. Whisk orange juice and olive oil and toss with quinoa.

To serve, place into bowls and spoon over the cranberry nut salsa.

Apple, Celery & Grape Salad with Roasted Nuts

Simple, sophisticated and perfect for a picnic.



Apple, Celery & Grape Salad with Roasted Nuts

No more watery, way-too-sweet fruit salads. Try this elevated take on the cool classic that's still simple as can be. The pleasant bitterness of radicchio balances the fruit's natural sweetness, while roasted nuts provide a crunchy, warm counterpoint. Adjust the dressing to be as light or rich as you like, and, of course, try all the seasonal fruit and nut variations suggested.



Prep: 20 min.	Cook: Mix only	Serve right away	Serves 4
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Nutritional Facts: Per Serving (4 servings): 240 calories, 17g total fat, 2.5g saturated fat, 3g monounsaturated fat, 10g polyunsaturated fat, 135mg sodium, 20g carbohydrate, 10g dietary fiber, 7g protein, 3mg iron and 977mg potassium.



or cantaloupe and almonds.

DRESSING

2 tablespoons plain yogurt 2 tablespoons sour cream (light, if preferred) 2 tablespoons mayonnaise 2 teaspoons lemon juice Salt and pepper to taste

SALAD

1 cup julienne or diced apple (tart apples are best, such as Granny Smith, Fuji or Honeycrisp)

1 cup sliced celery

¹/₂ cup red grapes, halved

 $\frac{1}{2}$ cup roasted walnuts and pecans (or nuts of choice)

2 endives, sliced lengthwise

1 small radicchio, shaved

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Whisk together the yogurt, sour cream, mayonnaise and lemon juice. Season to taste.

Place apple, celery, grapes and nuts in a large bowl. Add dressing and mix well.

Combine lettuces and arrange in a bowl, top with apple mixture, and serve straight away with some crusty bread.

Mix it up by bringing a seasonal touch to this recipe. Try combining pears and pine nuts, papaya and cashews, strawberries and pistachios, figs and hazelnuts



Fruit & Nut Tiramisu

Mixin' it up is all about fresh takes on old favorites. Like reimagining classic desserts with more of the tastes and textures you love. This tiramisu trades the traditional espresso and cocoa for the fresh burst of berries and orange, layered throughout with your favorite nuts. It's just as smooth and subtly sweet as you remember, now with a nutty, technicolor twist. Plus, no baking required!



Prep: 30-40 min.	No baking needed	Cool: 4 hrs.	Serves 8	
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Nutritional Facts: Per Serving (8 servings): 370 calories, 18g total fat, 7g saturated fat, 7g monounsaturated fat, 2g polyunsaturated fat, 65mg sodium, 43g carbohydrate, 3g dietary fiber, 9g protein, 1mg iron and 192mg potassium.



If you're stuck on a classic tiramisu, soak the ladyfingers in strong coffee, add Kahlua or Bailey's to the cream filling, and sprinkle roasted nuts such as walnuts, hazelnuts, macadamias and pecans in between all the layers.

CREAM FILLING	1
4 egg yolks	
½ cup sugar	2
1 cup ricotta cheese	
½ cup mascarpone cheese	
1 tablespoon Cointreau, plus more to taste (optional)	3
ASSEMBLY	
½ cup Grand Marnier, Marsala,	4
sweet wine or sherry	
½ cup orange juice	
1½ packets (10.5 ounces) Savoiardi Ladyfingers	_
2 cups mixed berries, such	5
as blueberries, raspberries, strawberries or seasonal fruit	
1 cup nuts of choice (Try a different nut on each layer, such as roasted hazelnuts, sliced almonds, chopped macadamias, and pistachios)	6

1 Line an 8×8 inch, high-sided dish (or 9-inch rectangle) with parchment paper to make it easier to lift out.

With electric mixer, beat egg yolks with ¹/₄ cup sugar until pale, creamy and doubled in volume. Remove from bowl and scrape down sides.

Whip ricotta and mascarpone with remaining sugar until soft peaks form. Fold in the Cointreau and egg mixture and whisk until well combined. Don't overmix or you'll lose the volume.

Place the juice and Grand Marnier in a shallow dish. Dip ladyfingers in mixture just enough to moisten. (Be careful not to keep them in too long or they will fall apart.) Lay close together on the bottom of the dish.

5 Spoon half the mascarpone mixture over top, followed by a layer of fruit. Scatter half the nuts over top. Repeat layers, end with a scattering of nuts.

If there is any liquid remaining, drizzle a little over the top. Cover and refrigerate at least 4 hours or overnight.

Breakfast Grain Bond with Mixed Nuts

An all-in-one breakfast worth getting out of bed for.



Breakfast Grain Bowl with Mixed Nuts

The most important meal of the day is also the most customizable, particularly when tree nuts and whole grains are involved. Like nuts, grains are versatile, nutrient-dense foods that provide sustained energy. Use this recipe as a guide to get creative and assemble your ultimate nut and grain bowl. Top with yogurt and fruit for a hint of sweetness, or go savory with veggies and eggs. It's a bowl full of delicious possibilities.



Prep: 5 min.	Cook: Mix only	Serve right away	Serves 2
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Nutritional Facts: Per Serving (2 servings): 370 calories, 20g total fat, 2g saturated fat, 13g monounsaturated fat, 2g polyunsaturated fat, 20mg sodium, 39g carbohydrate, 6g dietary fiber, 14g protein, 2mg iron and 484mg potassium.

SWEET VERSION

1 cup cooked grains of choice

¹/₄ cup apple or orange juice

¹/₂ cup plain yogurt

1 cup fruit of choice, such as berries, peaches, apple or pear

 $\frac{1}{2}$ cup chopped mixed tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and/or walnuts)

SAVORY VERSION

1 cup cooked grains of choice Topping suggestions: Sautéed spinach, mushrooms, roasted tomatoes, avocado, bacon, poached egg and/or fresh herbs

Toasted nuts



This is one of those breakfasts where you can make your own creation. The grains you use are totally up to your taste preference, and the more you use, the greater the nutrient content, flavor and texture. You can cook a week's worth ahead of time and store sealed in the refrigerator, so all you have to do is add the accompaniments. If you want a gluten-free option, go for quinoa, millet, whole oats or even grits for a Southern twist! Other great grains are farro, barley, and rye. All grains have different cooking times, so be sure to read the package before cooking.

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Toss the grains with the juice in a bowl. Spoon over yogurt and berries and scatter with nuts. If making savory version, omit juice and spoon toppings over cooked grains.



Mixed Nut & Blueberry Breakfast Bread

The combo of mixed nuts, fruit and grain is great as a nutritious bowl, but if you're more in the mood for baked goods, try mixin' it all up into a simple batter. With the tree nuts, seasonal fruit and flour you have on hand, you already have the foundation for the perfect breakfast bread. This recipe is as simple and forgiving as it is delicious, and these fruit and nut variations provide inspiration for all seasons or days of the week.



Prep: 20-30 min.	Cook: 12-15 min.	Serve warm	Serves 12
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Nutritional Facts:Per Serving (12 servings): 230 calories, 7g total fat, 3g saturated fat,
3g monounsaturated fat, 1g polyunsaturated fat, 670mg sodium, 36g
carbohydrate, 2g dietary fiber, 6g protein, 2mg iron and 94mg potassium.



Mix it up by trying different combinations. Pumpkin puree with classic spices and pecans, added with less milk, is a true American breakfast. Other combinations include unsweetened cocoa with flour and roasted hazelnuts; pears and walnuts; dried currants, cranberries and pistachios; or mango and macadamias. Try going savory with fresh basil and pine nuts.

4 cups self-rising flour (for plain flour, add 2 teaspoons baking powder per cup of flour)	
¼ teaspoon salt	
2 tablespoons granulated sugar	
2 ounces butter, chilled	
½ cup coarsely chopped hazelnuts, pecans and pistachios (or nuts of choice)	
½ cup blueberries (or seasonal fruit)	
1¾ cup milk or buttermilk*	
2 teaspoons milk, plus extra	
*Buttermilk adds an airy lightness and slight tang to the finished bread.	

Preheat oven to 425°F. Line two baking sheets with parchment or brush with melted butter.

Sift flour and salt into a large bowl. Stir in sugar.

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Dice butter into small pieces and add to flour. Rub butter lightly with fingertips through the flour until mixture resembles fine breadcrumbs. (You can also use a food processor, pulsing until texture is reached.)

Add nuts and blueberries and fold through, careful not to break up blueberries.

Make a well in the center and pour in milk. Stir quickly and lightly with a knife until mixture forms a dough, then turn onto a floured board. Knead gently to a smooth dough.

Press dough out to 1-inch thickness then cut into desired size in triangles or circles and transfer to prepared trays. Brush with extra milk and transfer to center of oven.

Bake for 12-15 minutes or until golden brown on top. Allow to cool slightly on wire racks.

Serve warm, spread with jam and a spoon of yogurt (or, if feeling luxurious, double cream).

Avocado Toast with Spicy Nuts

A brunch favorite with a nutty kick.



Avocado Toast with Spicy Nuts

The perfectly ripe avocado and crusty sourdough bread deserve more than just a sprinkling of salt. So, mix it up and turn this toast into a brunch-worthy event. Fiery seasoned mixed nuts will excite your senses, then give way to the cool creaminess of avocado and ricotta. All-in-all, it's a great source of healthy fats — and an even healthier dose of heat.



Prep: 10 min.	Cook: 6-8 min.	Cool: 10 min.	Serves 2

Nutritional Facts: Per Serving (2 servings): 440 calories, 29g total fat, 5g saturated fat, 16g monounsaturated fat, 5g polyunsaturated fat, 570mg sodium, 30g carbohydrate, 6g dietary fiber, 18g protein, 2mg of iron and 505mg potassium.

SPICY NUTS

¹/₄ cup mixed nuts, roughly chopped (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and/or walnuts)

1 teaspoon olive oil

2 teaspoons spicy seasoning of preference, such as cajun, Sriracha or Tabasco

AVOCADO TOAST

2 thick slices grain or sourdough bread 2 tablespoons ricotta cheese 1 avocado Juice of 1/2 lemon Kosher salt and freshly ground pepper 1/2 cup arugula 2 poached eggs, optional



There are so many ways to mix it up and get creative with avocado toast and nuts. Try them on a bagel or muffin, or even just crackers. Spread with mustard, chutney, jam or a nut butter. Make a meal of it and add smoked salmon or prosciutto with a garnish of any vegetables and herbs, such as tomato, roast beets, mint, basil or cilantro.

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Preheat oven to 350°F. Toss nuts with butter, then add chili seasoning to taste. Lay on a baking tray and roast for 6-8 minutes or until aromatic and starting to brown. Allow to cool.

Toast bread and spread with ricotta cheese. Lay slices of avocado over cheese, then sprinkle with lemon and season. Place a small mound of arugula on top, then scatter spicy nuts over top.

If desired, add a poached egg.





Peanut butter walked so that tree nut butter could fly — and these homemade varieties are out-of-thisworld delicious. Just a quick roast and a few minutes in the food processor are all it takes to transform your favorite tree nut into a luxurious, even-more-irresistible spread. Mix it up with nutty blends or flavors to make it your own. One taste and you'll never go back to store-bought nut butter again.



Prep: 10 min.	Cook: 6-8 min.	Cool: 10 min.	Serves 5
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Nutritional Facts: Per Serving (5 servings): 170 calories, 15g total fat, 2.5g saturated fat, 10g monounsaturated fat, 3g polyunsaturated fat, 0mg sodium, 6g carbohydrate, 6g protein, 2g dietary fiber, 1mg of iron and 183mg potassium.

- 1 and rub off most of the skin before processing.
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- 3 (think Nutella) or truffle oil, or stir in jam or jelly to make a swirl.

ALMOND BUTTER:

Spread on warm bruschetta and top with sautéed mushrooms (wonderful with chanterelles if they're in season) and sage. Finish with a squeeze of lemon and pepper.

WALNUT BUTTER:

Spread crackers with walnut butter, then top with brie cheese and a fruit paste such as quince or fig. Then all you need is wine!

HAZELNUT BUTTER:

Take your toasted tomato and cheese sandwich to new heights with a smear of hazelnut butter. Add some fresh basil leaves or arugula and a drizzle of good olive oil to complete the experience.

PECAN BUTTER:

The sweet, rich and toasty notes of pecan butter need little to make it great. Simply spread on grain toast with honey and a sliced banana is for a delicious meal.



it will keep for up to a month.

Roast 1 cup of nuts. You can use raw nuts, but the flavors and ability to make butter are greatly enhanced after roasting. Roast in a moderate oven (350°F) for 8-12 minutes. The denser nuts almonds, hazelnuts, Brazil nuts and macadamias — take a bit longer than walnuts, pecans and pistachios. Just check after 8 minutes; they should be just browning and aromatic. Allow to cool to room temperature. Hazelnuts can be bitter if you keep on the skin, so place the nuts in a dish towel

Add nuts to food processor and pulse on and off, first to crumbs, then first to crumbs, then continue to process until a paste starts to form. Scrape down sides, then continue to process until desired consistency. This may take 10-12 minutes, sometimes up to 20 minutes in less powerful processors. If it's not looking like a paste is forming, add a few drops of a nut or olive oil to help the process.

Flavor (or not). You may may just like to eat your nut butter pure and natural, or make your own designer butter adding ingredients such as honey, maple syrup, soy, chili, nutmeg, chocolate (think Nutella),

PISTACHIO BUTTER:

Spread pistachio butter on your pizza crust before topping with vegetables, mortadella and mozzarella.

CASHEW BUTTER:

This one is perfect for Asian-inspired dishes. Whisk cashew butter with soy sauce and lime juice and toss with noodles just before serving.

BRAZIL NUT BUTTER:

Avocado toast spread with Brazil nut butter adds a unique depth and is especially great with a garnish of cherry tomatoes, mint and ricotta.

MACADAMIA BUTTER:

Just like real butter, macadamia butter makes the base to a wonderful healthier shortbread, or spread it on hot scones with jam for a decadent treat.

Tips for storage: It's best to store the nut butter in a sealed jar in the refrigerator where

Flourless Orange Cake with Caramelized Orange Nut Toppping

The gluten-free treat that rises to any occasion.



Flourless Orange Cake with Caramelized Orange Nut Topping

This cake is nuts — literally. Using finely ground tree nuts in place of flour, then folding in fluffy eggs, makes this sponge light, airy and the perfect vehicle to highlight the taste of fresh orange. Caramelized, cardamom-infused nuts add a crunchy component with a subtle floral flavor. It's a simple recipe that delivers pâtisserie-quality results, and it's nutty bliss through and through.



Prep: 2 hrs.	Cook: 1 ¹ /4 hrs.	Cool: 15 min.	Serves 10
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Nutritional Facts:Per Serving (10 servings): 460 calories, 30g total fat, 6g saturated fat,
40mg sodium, 40g carbohydrate, 5g dietary fiber, 13g protein, 2mg iron

and 175mg potassium.

6 eggs 2½ cups almond or hazelnut meal 1 teaspoon baking powder **TOPPING** ¼ cup sugar 2 ounces water 2 cardamom seeds, optional Zest of 2 oranges 2 oranges, peeled and finely sliced (reserve juices) 2 ounces pistachios 2 ounces pecans (can substitute pine or macadamia nuts)

¼ cup, plus 2 tablespoons Crème Fraiche, to serve

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You can mix it up and use any nut in this recipe. Some will produce a denser texture, some lighter and some darker and richer in flavor. To make a fine flour of nuts, you may need to add some sugar or flour (note that adding flour makes the recipe no longer gluten-free), or the nuts may turn to paste rather than flour. This is also lovely with Cara Cara and blood oranges.

CAKE

2 oranges, washed

1¹/₂ cups sugar

Bring a large pot of water to boil, add oranges and simmer for 2 hours. Remove oranges, allow to cool. Cut oranges into chunks, removing seeds, and place in a blender. Puree, including skin, until smooth. This can be done a day ahead of time if desired.

Preheat oven to 320°F. Grease a springform 8–9-inch cake tin and line base with baking paper.

Beat eggs and sugar until pale golden and creamy. Fold ¼ of the egg and sugar mixture into the orange purée. With a spatula, fold in combined almond meal and baking powder gently (do not deflate) to combine. Next, add half of the remaining egg mixture until mostly combined and then fold in the remaining.

Spoon into prepared tin and bake in center of oven for 1¼ hours or until a skewer inserted in the center comes out clean.

Allow to cool in pan on a wire rack, then run a knife around the edge before turning out of pan. Cool completely and store in a sealed container for up to a week.

To make topping, place sugar and water in a small saucepan and stir to dissolve sugar. Allow to come to a simmer, then add cardamom seeds and cook until syrup is golden. Add oranges with reserved juice and cook for 2-3 minutes.

Bake nuts in a 350°F oven for 6-7 minutes until golden. Place oranges in a bowl with any syrup and gently stir in the nuts.

To serve, place a slice of cake on plates, top with caramelized orange nut mixture, orange zest and a spoon of Crème Fraiche.



BUY SMART FOR THE BEST RESULTS:

For whole, unshelled nuts, look for clean shells without cracks. Pistachios are the exception, which are usually sold in a semi-open shell.

For whole, raw, shelled nuts, be sure they are fairly uniform in color and size. For shelled walnuts, however, variations in size and color are completely natural.

STORE FOR MAXIMUM FRESHNESS:

Store in airtight containers to keep tree nuts as fresh as possible. Store in the refrigerator for up to six months or up to a year in the freezer.

TOAST TO BRING OUT EXTRA FLAVOR:

Spread whole, chopped, or sliced tree nuts on an ungreased baking pan in a single layer.

Bake for 5-10 minutes in 350° oven, stirring or shaking twice, until lightly toasted and aromatic.

Remove from pan to cool. Nuts will continue to brown slightly after removing from oven.

Nutrients and 7 DV in

Nutrients	Units	Almonds	Brazil Nuts	Cashews
	# of kernels/oz	32-36	9 to 12	21 to 26
Calories	Calories (%DV)*	250 (12)	280 (15)	240 (12)
Protein	g** (%DV)	9	6	7
Total Fat	g (%DV)	21 (25)	29 (35)	20 (25)
Saturated Fat	g	1.5 (8)	7 (35)	4 (20)
Monounsaturated Fat	g	13	10	12
Polyunsaturated Fat	g	5	10	3.5
Linoleic acid (18:2)	g	5	10	3
Linolenic acid (18:3)	g	0	0	0
Cholesterol	mg*** (%DV)	0 (0)	0 (0)	0 (0)
Carbohydrate	g (%DV)	9 (4)	5 (2)	14 (6)
Fiber	g (%DV)	5 (20)	3 (10)	1 (4)
Calcium	mg (%DV)	114 (8)	68 (6)	20 (2)
Iron	mg (%DV)	1.58 (8)	1.03 (6)	2.55 (15)
Magnesium	mg (%DV)	115 (25)	160 (40)	111 (25)
Phosphorus	mg (%DV)	204 (15)	309 (25)	208 (15)
Potassium	mg (%DV)	310 (6)	280 (6)	240 (6)
Sodium	mg (%DV)	0 (0)	1.5 (0)	7.1 (0)
Zinc	mg (%DV)	1.33 (10)	1.73 (15)	2.38 (20)
Copper	mg (%DV)	0.48 (45)	0.74 (80)	0.94 (100)
Manganese	mg (%DV)	0.93 (40)	0.52 (20)	0.35 (15)
Selenium	mcg **** (%DV)	1.7 (4)	814.5 (1,480)	5.0 (8)
Vitamin C	mg (%DV)	0 (0)	0.3 (0)	0 (0)
Thiamin	mg (%DV)	0.09 (8)	0.26 (20)	0.09 (8)
Riboflavin	mg (%DV)	0.48 (40)	0.01 (0)	0.09 (6)

Hazelnuts	Macadamias	Pecans	Pine Nuts	Pistachios	Walnuts
27 to 31	16 to 18	28 halves	235 to 250	68 to 73	21 halves
270 (15)	310 (15)	290 (15)	290 (15)	240 (10)	280 (10)
6	3	4	6	9	6
26 (35)	32 (40)	31 (40)	29 (35)	19 (25)	28 (35)
2 (10)	5 (25)	3 (15)	2 (10)	2.5 (10)	2.5 (10)
19	20	17	8	10	4
3.5	0.5	9	14	6	20
3.5	0.5	9	14	6	16
0	0	0.5	0	0	4
0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
7 (2)	6 (2)	6 (2)	6 (2)	12 (4)	6 (2)
4 (15)	3 (10)	4 (15)	1.5 (6)	4 (15)	3 (10)
48 (4)	30 (2)	30 (2)	7 (0)	45 (4)	42 (4)
2 (10)	1.13 (6)	1.08 (6)	2.35 (10)	1.71 (10)	1.24 (6)
69 (15)	50 (10)	51 (12)	106 (25)	46 (10)	67 (15)
123 (10)	84 (6)	118 (10)	244 (20)	199 (15)	147 (10)
240 (6)	150 (4)	170 (4)	250 (6)	430 (10)	190 (4)
0 (0)	0.7 (0)	0 (0)	1.0 (0)	3.0 (0)	0.8 (0)
1.04 (10)	0.55 (6)	1.92 (15)	2.74 (25)	0.99 (10)	1.31 (10)
0.73 (80)	0.24 (25)	0.51 (60)	0.56 (60)	0.55 (60)	0.67 (75)
2.6 (110)	1.29 (60)	1.92 (80)	3.75 (160)	0.53 (25)	1.45 (60)
1.0 (2)	5.0 (10)	1.6 (2)	0.3 (0)	4.3 (8)	2.1 (4)
2.7 (2)	0.3 (0)	0.5 (0)	0.3 (0)	1.3 (2)	0.6 (0)
0.27 (20)	0.3 (25)	0.28 (20)	0.15 (10)	0.29 (25)	0.15 (10)
0.05 (4)	0.04 (2)	0.05 (4)	0.10 (8)	0.10 (8)	0.06 (4)



Nutrients and % DV in

Nutrients	Units	Almonds	Brazil Nuts	Cashews
Niacin	mg NE (%DV)	1.54 (10)	0.13 (0)	0.6 (4)
Pantothenic acid	mg (%DV)	0.20 (4)	0.08 (2)	0.52 (10)
Vitamin B6	mg (%DV)	0.06 (4)	0.04 (2)	0.11 (6)
Folate	mcg DFE (%DV)	19 (4)	9 (2)	29 (8)
Choline, total	mg (%DV)	22.2 (4)	12.2 (2)	25.9 (4)
Betaine	mg	0.21	0.2	n/a
Vitamin B12	mcg (%DV)	0 (0)	0 (0)	0 (0)
Vitamin A	mcg RAE (%DV)	0 (0)	0 (0)	0 (0)
Carotenoids				
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	10
Vitamin K	mcg	0 (0)	0 (0)	14.7 (12)
Vitamin D	mcg (%DV)	0 (0)	0 (0)	0 (0)
Vitamin E	(%DV)	(70)	(15)	(2)
Tocopherol, alpha	mg	10.91	2.4	0.39
Tocopherol, beta	mg	0.1	0	n/a
Tocopherol, gamma	mg	0.27	4.06	n/a
Tocopherol, delta	mg	0.03	0.27	n/a

Hazelnuts	Macadamias	Pecans	Pine Nuts	Pistachios	Walnuts
0.76 (4)	0.97 (6)	0.5 (4)	1.87 (10)	0.58 (4)	0.48 (2)
0.39 (8)	0.26 (6)	0.37 (8)	0.13 (2)	0.22 (4)	0.24 (4)
0.24 (15)	0.15 (8)	0.09 (6)	0.04 (2)	0.48 (30)	0.23 (10)
48 (10)	4 (2)	9 (2)	15 (4)	22 (6)	42 (10)
19.3 (4)	18.9 (4)	17.3 (4)	23.7 (4)	30.3 (6)	16.6 (2)
0.1	0.13	0.3	0.17	0.34	0.13
0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
2.7 (0)	0 (0)	1.3 (0)	0.5 (0)	5.5 (0)	0.43 (0)
4.5	0	12	7	67.6	5.1
1.5	0	0	0	0	0
0	0	4	0	0	0
39	0	7	4	493	3.8
6 (4)	0 (0)	1.5 (2)	22.9 (20)	5.6 (4)	1.1 (0)
0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
(45)	(2)	(4)	(25)	(6)	(2)
6.39	0.24	0.6	3.96	0.92	0.3
0.13	0	0.16	0	0.06	0.06
0	0	10.39	4.74	9.96	8.86
0	0	0.19	0	0.23	0.8

Source: USDA, ARS. FoodData Central, 2019. (fdc.nal.usda.gov.) Daily Values (DVs) based on the DVs published 7-20-16 in the Federal Register.

*% DV= % Daily Value; **g = gram; ***mg = milligram; ****mcg = microgram; DVs for calories, protein, fat, cholesterol, carbohydrate and fiber are based on a 2,000 calorie diet.

¹All of the nuts are unsalted; almonds, Brazil nuts, hazelnuts, pecans, pine nuts and walnuts are unroasted; cashews, macadamias and pistachios are dry roasted. ²Pignolia variety.

Prepared by the International Tree Nut Council Nutrition Research & Education Foundation, 4/23. For more information please visit our website at www.nuthealth.org.



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Share how you mix it up and put your own spin on these recipes or other nut-inspired creations. Use the hashtags #NutHealth and #MixItUp and be sure to follow us at @NutHealthOrg.