

the  
nuts for life  
nut recipe  
book



Around the world health authorities recommend we eat more plant foods for good health. Plant foods – including fruits, vegetables, nuts, mushrooms, legumes grains and seeds – protect against many of the common lifestyle-related health issues. In particular, including nuts in your daily diet may improve heart health and cholesterol levels, help protect against diabetes, as well as assist with weight control.<sup>1-11</sup> Nuts are nutrient-dense and packed with heart-healthy unsaturated fats, fibre, antioxidants and important vitamins and minerals<sup>12</sup> – they’re nature’s own vitamin pill and ready-to-eat snack food.

## Nut health facts

- Eating a handful of nuts (30g) at least five times a week reduces the risk of developing heart disease by 30–50% compared to people who don’t eat nuts.<sup>1-5</sup>
- Two handfuls of nuts a day (around 60g) lowers blood cholesterol by 5% – and in particular ‘bad’ LDL cholesterol by 7%.<sup>6</sup>
- A handful of nuts (30g) at least five times a week reduces the risk of developing type 2 diabetes by 27%,<sup>7</sup> and improves blood glucose and insulin sensitivity.<sup>13</sup>
- Including nuts in your healthy-eating plan can help with weight management and reduce the risk of developing obesity.<sup>9-11, 14</sup>

## How many nuts?

A daily serve of nuts is at least 30g or around a handful. That’s around:

- 20 almonds
- 10 Brazil nuts
- 15 cashews
- 4 chestnuts
- 20 hazelnuts
- 15 macadamias
- 15 pecans
- 2 tablespoons pine nuts
- 60 pistachios
- 20 walnuts

So remember to go for two serves of fruit and five serves of vegetables, plus a handful or two of nuts every day.

## Nut NUTrition

Nuts are packed with nutrients that promote health and wellbeing, here’s a list of just some of the important things you can get from your daily handful:

- Rich source of **healthy fats** – nuts contain healthy monounsaturated and polyunsaturated fats, as well as a low-proportion of unhealthy saturated fat.<sup>12</sup>
- **Cholesterol-free** – like other plant foods, you won’t find any dietary cholesterol in nuts.
- A source of **healthy plant omega-3** fats – found in walnuts in particular, but also pecans, hazelnuts and macadamias.<sup>12</sup>
- A natural source of **plant sterols**<sup>12</sup> – plant sterols may help to lower blood cholesterol levels by reducing cholesterol absorption.<sup>15</sup>
- A source of **plant protein** – including the amino acid arginine<sup>12</sup> which is converted to nitric oxide in the body, helping to keep blood vessels relaxed and elastic.<sup>16</sup>
- A rich source of natural plant **fibre**<sup>12</sup> – important for both lowering cholesterol and healthy bowel function.<sup>17</sup>
- A rich source of **phytochemicals**<sup>12</sup> – protective plant chemicals with antioxidant and anti-inflammatory effects.<sup>18</sup>
- Packed with important **vitamins and minerals** – including vitamin E, magnesium, copper, selenium and potassium.<sup>12</sup>
- Nuts have a glycemic-index (**GI**)-lowering effect – including nuts reduces the overall GI of a meal.<sup>13</sup>

## References

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## Nutrient criteria for recipes

In developing these recipes we aimed to ensure they are healthy by keeping saturated fat levels to a minimum (less than 25% of total fat content where possible), high in fibre with wholegrain/wholemeal ingredients and fruits, vegetables and legumes, plus as little salt/sodium as possible.

We have also calculated the weight of nuts in each serve to help you achieve at least 30g or a handful of nuts a day.

For those who are vegetarian or need gluten free meals we have highlighted these recipes using these coloured spots –

**V** for vegetarian (lacto-ovo) and

**GF** for gluten free.



## Index by nut

Almond – 6, 7, 10, 11, 13, 17, 20, 21

Brazil nut – 4, 8, 22

Cashew – 4, 7, 10, 13, 22

Chestnut – 10, 12, 14

Hazelnut – 8, 9, 20, 21, 22

Macadamia – 6, 7, 11, 14, 16, 17, 21

Mixed nut – 19, 21, 23

Pecan – 14, 15, 18, 19, 21

Pine nut – 5, 6, 11, 18

Pistachio – 8, 9, 10, 15, 18

Walnut – 12, 14, 16, 17, 21

## Chicken and cashew bites GF

- 300g lean chicken mince
- 3 green onions, finely chopped
- 1 long red chilli, seeded and finely chopped
- 100g raw cashews, roughly chopped
- 3 teaspoons lime juice
- 3 teaspoons fish sauce
- ¼ cup sweet chilli sauce (gluten free if needed)
- 2 tablespoons coriander, chopped

Heat a non-stick frying pan over medium-high heat. Spray pan lightly with oil spray and add chicken. Cook for 3–4 minutes or until browned and just cooked through. Add the green onions, chilli, cashews, lime juice, fish sauce, sweet chilli sauce and coriander. Cook for a further 1–2 minutes until mixture is warmed through. Divide between Asian ceramic spoons and garnish each spoon with a coriander leaf.

Serves 8

*Note: to serve the dish as a meal, serve the mince mixture with lettuce leaves and let everyone make up their own lettuce 'parcels'.*

### Nutrient content per serve (~13g nuts per serve)

Energy 590kJ (140kcal), Protein 10g, Total fat 9g, Saturated fat 2g (22% of total fat), Monounsaturated fat 5g, Polyunsaturated fat 2g, Carbohydrates 4g, Fibre 1g, Sodium 322mg

### DID YOU KNOW?

Cashews are a source of magnesium, needed for strong bones. 15 cashews make a handful.



## Field mushrooms with Brazil nuts and ricotta V GF

- 200g raw Brazil nuts, chopped
- 1 clove garlic, crushed
- 350g low fat ricotta
- 2 teaspoons lemon rind, finely grated
- ¼ cup flat leaf parsley, chopped
- 2 tablespoons parmesan, grated
- Cracked black pepper to taste
- 4 large field mushrooms

Preheat oven to 200°C. Place the Brazil nuts, garlic, ricotta, lemon rind, parsley, parmesan and pepper in a large bowl and mix together until fully combined.

Clean the mushrooms and remove the stems. Divide the ricotta mixture between the mushrooms, piling in the centre cavity of each. Transfer the mushrooms to an oven tray lined with foil. Bake for 15 minutes or until mushrooms have softened and ricotta mixture is golden on top.

Serves 4

### DID YOU KNOW?

Brazil nuts are an excellent source of selenium, a vital antioxidant mineral. Just two Brazil nuts a day can provide your entire daily intake of selenium.



### Nutrient content per serve (50g nuts per serve)

Energy 1940kJ (460kcal), Protein 20g, Total fat 40g, Saturated fat 11g (28% of total fat), Monounsaturated fat 13g, Polyunsaturated fat 15g, Carbohydrates 4g, Fibre 5g, Sodium 250mg

## Pine nut and zucchini fritters v

- 2 large zucchini, grated
- ¼ cup pine nuts
- ¼ cup reduced fat feta
- 2 green onions, finely chopped
- 1½ cups wholemeal plain flour
- ¾ cup buttermilk
- 1 medium egg, lightly beaten
- 1 tablespoon flat leaf parsley, chopped
- 2 tablespoons sweet chilli sauce, to serve
- 1 lemon cut into 4 wedges, to serve

Place the zucchini in a bowl with the rest of the ingredients and stir to fully combine. Set aside for 10 minutes. Heat a large non-stick frying pan over medium heat and spray with olive oil spray. Place tablespoonfuls of mixture in the pan and cook for 2 minutes each side until golden and cooked through.

Remove from the pan and keep warm as you repeat with remaining mixture. Serve with 2 teaspoons of sweet chilli sauce and a wedge of lemon for each serve.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 1536kJ (366kcal), Protein 16g, Total fat 14g, Saturated fat 3g (21% of total fat), Monounsaturated fat 4g, Polyunsaturated fat 6g, Carbohydrates 41g, Fibre 8g, Sodium 360mg

### DID YOU KNOW?

Pine nuts contain useful amounts of zinc, niacin, manganese and the amino acid arginine. Two tablespoons equals about 30g.



## Tomato, goat's cheese and pine nut frittata v

- 7 medium eggs
- 2 tablespoons self raising flour, sifted
- 2 tablespoons parsley, chopped
- 2 tablespoons chives, chopped
- 2 tablespoons basil, chopped
- 75g raw pine nuts
- 75g goat's cheese, roughly crumbled
- Cracked black pepper to taste
- 100g cherry tomatoes, quartered

Preheat oven to 170°C. Spray six ¾ cup capacity ramekins lightly with oil spray. Place the eggs in a bowl and whisk lightly. Add flour, herbs, pine nuts, goat's cheese and pepper. Stir until just combined.

Divide mixture between the ramekins. Place a few cherry tomato pieces in each ramekin. Bake for 20 minutes or until golden and set. Remove from oven, stand for 5 minutes then serve warm or refrigerate until ready to serve.

Serves 6

### Nutrient content per serve (~13g nuts per serve)

Energy 816kJ (194kcal), Protein 10g, Total fat 15g, Saturated fat 4g (27% of total fat), Monounsaturated fat 5g, Polyunsaturated fat 6g, Carbohydrates 4g, Fibre 1g, Sodium 133mg

## Cauliflower soup with almonds and macadamias V GF

- 1 head cauliflower, cut into florets
- 2 cups vegetable stock (gluten free if needed, salt reduced if available)
- 4 cups water
- 1 medium onion, roughly chopped
- 1 small clove garlic, crushed
- 1 small fennel bulb, chopped
- 2 teaspoons lemon juice
- 1/3 cup almond meal
- 1/3 cup macadamias, chopped and toasted
- 6 medium wholegrain bread rolls, to serve (gluten free if needed)

Place cauliflower, stock, water, onion, garlic and fennel in a large saucepan over medium heat. Simmer for 20–25 minutes until very soft. Transfer mixture to a food processor, add lemon juice and blend until roughly combined. Add almond meal and continue blending until smooth. Serve topped with toasted macadamias and a bread roll.

Serves 6

### Nutrient content per serve (~20g nuts per serve)

Energy 1143kJ (272kcal), Protein 11g, Total fat 13g, Saturated fat 2g (15% of total fat), Monounsaturated fat 8g, Polyunsaturated fat 2g, Carbohydrates 25g, Fibre 8g, Sodium 695mg (not salt-reduced stock)

### DID YOU KNOW?

Macadamias are native to Australia and brimming with healthy monounsaturated fats necessary for a healthy heart. 15 macadamias make one handful.



## Sweet potato soup with feta cheese and pine nuts V GF

- 600g orange sweet potato, peeled and cut into 3cm cubes
- 6 cups vegetable stock (gluten free if needed, salt reduced if available)
- 1 medium onion, chopped roughly
- 1/2 teaspoon ginger, finely grated
- 1 long red chilli, seeded and finely chopped
- 50g raw pine nuts
- 100g reduced fat feta, roughly crumbled
- 1 tablespoon baby basil leaves, to serve
- 6 slices dark rye bread, to serve

Place the sweet potato, onion, ginger, chilli and stock in a large saucepan over medium heat. Bring to the boil, reduce the heat and simmer for 20 minutes or until sweet potato is soft. Remove from heat. While the soup is cooling, heat a small saucepan over low heat. Add the pine nuts and cook until golden. Remove from the heat and set aside. Once cooled slightly, process the soup in batches in a food processor or blender and return to the pan. Heat again, then divide between bowls and top with goats cheese, basil leaves and pine nuts. Serve with dark rye bread.

Serves 6

### Nutrient content per serve (~8g nuts per serve)

Energy 1200kJ (290kcal), Protein 12g, Total fat 11g, Saturated fat 3g (27% of total fat), Monounsaturated fat 3g, Polyunsaturated fat 4g, Carbohydrates 35g, Fibre 6g, Sodium 1250mg (not salt-reduced stock)

## Chicken, cashew and almond stir fry GF

- 1 tablespoon macadamia oil
- 3 small chicken breast fillets, thinly sliced
- 1 medium onion, cut into wedges
- 1 bunch broccolini, chopped into 5cm lengths
- 1 teaspoon ginger, shredded
- 1 bunch baby bok choy, trimmed and roughly chopped
- 75g snow peas, trimmed
- 75g blanched raw almonds
- 75g raw cashews
- 2 tablespoons salt reduced soy sauce
- ¼ cup plum sauce
- 4 cups cooked basmati rice

Heat half the oil in a wok over medium-high heat. Add the chicken and cook in batches until golden and cooked through. Set aside. Cook onions and broccolini in remaining oil for 4 minutes until tender. Add ginger, bok choy, snow peas, almonds and cashews. Stir fry for 2 minutes. Return chicken to the wok, with the soy and plum sauce and toss. Cook for a further minute then serve with rice.

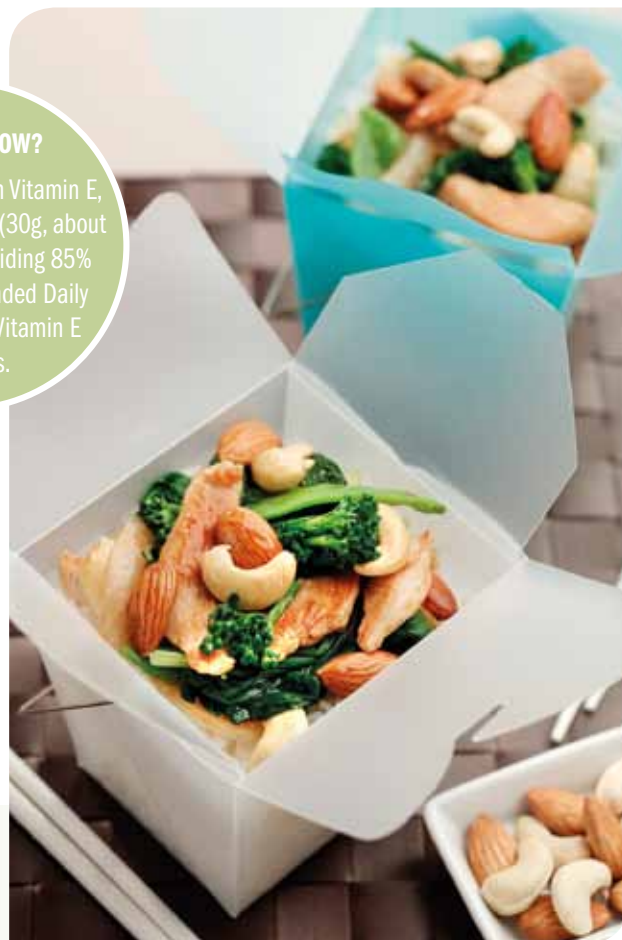
Serves 4

### Nutrient content per serve (~33g nuts per serve)

Energy 3070kJ (730kcal), Protein 53g, Total fat 28g, Saturated fat 4g (14% of total fat), Monounsaturated fat 18g, Polyunsaturated fat 5g, Carbohydrates 68g, Fibre 11g, Sodium 660mg

### DID YOU KNOW?

Almonds are rich in Vitamin E, with just a handful (30g, about 20 almonds) providing 85% of the Recommended Daily Intake (RDI) for Vitamin E for adults.



## Fish with macadamia and lemon crust

- 100g raw macadamias
- 125g fresh breadcrumbs
- 1 tablespoon lemon rind, finely grated
- 1 tablespoon dill, chopped
- Cracked black pepper to taste
- 4 x 180g blue eye cod fillet portions
- Flour, for dusting
- 2 medium eggs, lightly whisked
- 4 cups of steamed mixed vegetables

Preheat oven to 200°C. Place the macadamias, breadcrumbs, lemon rind, dill and pepper in a food processor and process until finely chopped and fully combined. Transfer mixture to a large bowl.

Dust each of the blue eye fillets in the flour and dip into the egg wash (this is best done one at a time). Press fish into the macadamia mixture, pressing firmly to ensure they are coated well.

Place the crust coated fish on a baking tray lined with non-stick baking paper and refrigerate for 10 minutes.

Bake the fish for 15 minutes or until cooked through when tested with a fork. Serve fish with steamed vegetables.

Serves 4

### Nutrient content per serve (25g nuts per serve)

Energy 2300kJ (550kcal), Protein 44g, Total fat 24g, Saturated fat 4g (17% of total fat), Monounsaturated fat 17g, Polyunsaturated fat 2g, Carbohydrates 34g, Fibre 13g, Sodium 450mg

## Hazelnut, chilli and garlic pasta

V GF

- 400g spaghetti pasta (gluten free if needed)
- 1½ tablespoons olive oil
- 100g hazelnuts, chopped
- 1 long red chilli, seeded and finely chopped
- 2 cloves garlic, thinly sliced
- ¼ cup flat leaf parsley, chopped
- 2 teaspoons lemon juice
- Cracked black pepper to taste

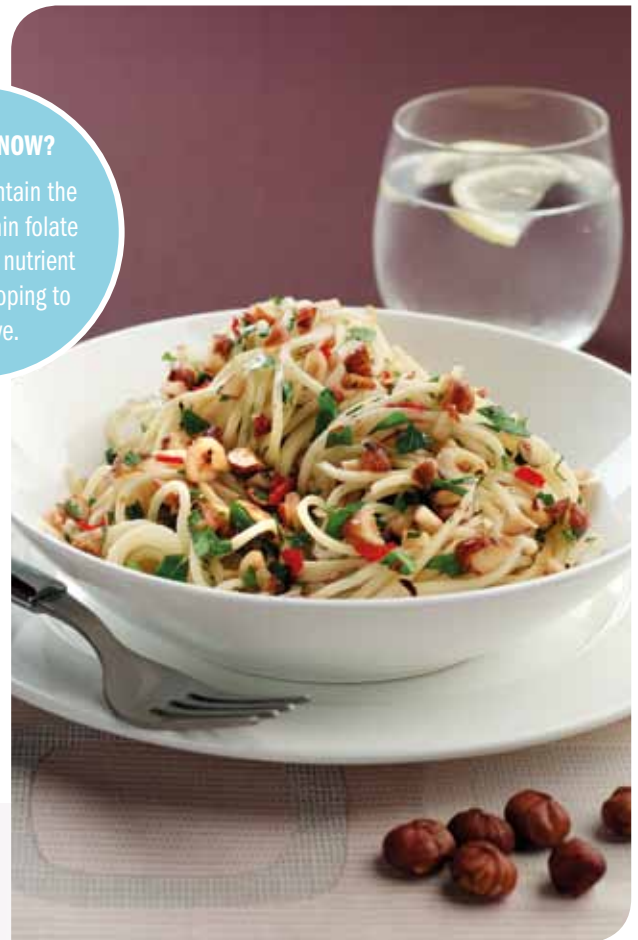
Cook the spaghetti in a large saucepan of boiling water until al dente. Drain, return to pan and keep warm. Heat the oil in a non-stick pan over medium heat. Add the hazelnuts, chilli and garlic and cook for 3–4 minutes, stirring regularly.

Remove from heat, stir through parsley, lemon juice and season with pepper to taste. Toss the hazelnut mixture through the pasta and serve.

Serves 4

### DID YOU KNOW?

Hazelnuts contain the B group vitamin folate an important nutrient for women hoping to conceive.



### Nutrient content per serve (25g nuts per serve)

Energy 2420kJ (576kcal), Protein 15g, Total fat 24g, Saturated fat 2g (8% of total fat), Monounsaturated fat 17g, Polyunsaturated fat 3g, Carbohydrates 72g, Fibre 7g, Sodium 9mg



## Lamb backstrap with pistachio and Brazil nut crust

GF

- 35g pistachio kernels, chopped
- 1 tablespoon Brazil nuts, chopped
- 2 teaspoons dried thyme
- 75g low fat ricotta
- 1 medium egg white
- Cracked black pepper to taste
- 600g lamb backstrap, trimmed of fat
- 8 chat potatoes and mixed fresh herbs, to serve
- 1 tablespoon olive oil

### DID YOU KNOW?

Pistachios are related to the peach and nectarine family. They contain the antioxidant Vitamin E. Split 60 pistachios in shell for an average serve of 30g of kernels.

Preheat oven grill to high. Place the pistachios, Brazil nuts thyme, ricotta, egg white and a little pepper in a bowl and mix until fully combined. Set aside. Rub the lamb with olive oil. Heat a large non-stick frying pan over medium high heat and pan cook backstraps for 3 minutes each side or until cooked to your liking. Remove and rest for 5 minutes, then spoon the ricotta mixture over the top of the backstraps, pressing down to form a thick crust. Place under the grill and continue to cook until the ricotta mixture is set and golden on top. Serve with rosemary potatoes and seasonal vegetables that have been tossed with herbs such as basil, mint and chives.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 2390kJ (570kcal), Protein 44g, Total fat 27g, Saturated fat 8g (30% of total fat), Monounsaturated fat 13g, Polyunsaturated fat 4g, Carbohydrates 38g, Fibre 6g, Sodium 160mg



## Lamb cutlets with potato, hazelnut and rocket

- 12 chat potatoes, cut into 1cm thick slices
- 1 bunch asparagus, trimmed (7 medium spears)
- 8 medium lamb cutlets, trimmed of all fat
- 1 teaspoon ground smokey paprika
- ½ cup hazelnuts, roughly chopped and toasted
- 75g baby rocket
- 2 tablespoons red wine vinegar
- 2 teaspoons wholegrain mustard
- Olive oil spray
- 1 tablespoon olive oil

Steam or boil the potatoes until tender. Repeat with asparagus and set both aside. Spray the cutlets with a little olive oil spray and sprinkle with paprika. Heat a large stovetop grill over medium-high heat. Grill the cutlets (in batches if necessary) for 2–3 minutes on each side or until cooked to your liking. Set aside to rest. To serve, toss the potatoes with the asparagus, hazelnuts and rocket. Drizzle with combined red wine vinegar and mustard. Divide between serving plates and top with cutlets.

Serves 4

### Nutrient content per serve (~15g nuts per serve)

Energy 2464kJ (580kcal), Protein 31g, Total fat 23g, Saturated fat 4g (17% of total fat), Monounsaturated fat 15g, Polyunsaturated fat 3g, Carbohydrates 55g, Fibre 10g, Sodium 97mg

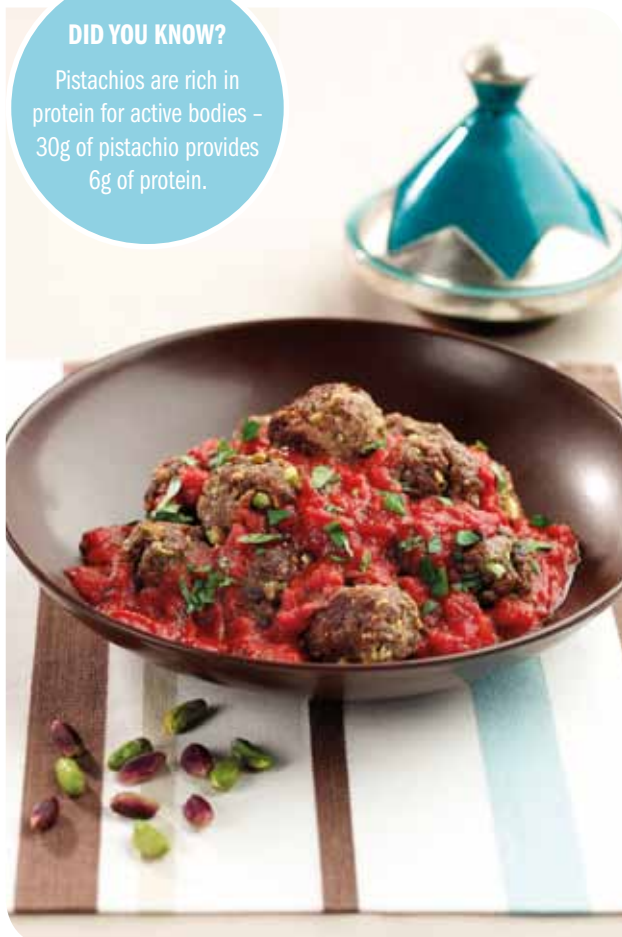
### DID YOU KNOW?

Hazelnuts are high in fibre due to their burnished brown coats. An average handful is 20 hazelnuts.



### DID YOU KNOW?

Pistachios are rich in protein for active bodies – 30g of pistachio provides 6g of protein.



## Moroccan meatballs with pistachios

- |                                     |  |
|-------------------------------------|--|
| 500g lean lamb mince                | Cracked black pepper to taste                            |
| ½ cup dry breadcrumbs               | 1 clove crushed garlic, extra                            |
| 1 clove garlic, crushed             | Pinch chilli powder                                      |
| 1 teaspoon cumin powder, ground     | 700ml tomato passata (puree, no added salt if available) |
| ½ teaspoon coriander powder, ground | ¼ cup flat leaf parsley, chopped                         |
| 60g pistachio kernels, chopped      |  |

Place the lamb mince, breadcrumbs, garlic, cumin, coriander, pistachios and pepper in a large bowl and mix until fully combined. Roll the mixture into walnut sized balls and place on a baking tray lined with non-stick baking paper. Refrigerate for 10 minutes.

While the meatballs are chilling, heat a saucepan over medium heat. Spray lightly with oil spray and add the extra garlic and chilli powder. Cook, stirring for 1 minute then add the tomato passata. Simmer for 10 minutes and set aside.

Heat a non-stick frying pan over medium heat. Add the meatballs and cook for 5 minutes, turning regularly until golden and nearly cooked through. Pour over the tomato sauce and cook for a further 5 minutes. Sprinkle with parsley and serve.

Serves 4

### Nutrient content per serve (15g nuts per serve)

Energy 1985kJ (473kcal), Protein 34g, Total fat 26g, Saturated fat 8g (31% of total fat), Monounsaturated fat 12g, Polyunsaturated fat 4g, Carbohydrates 23g, Fibre 5g, Sodium 315mg

## Pork with lemongrass, almonds and cashews GF

- |  |   |
|--|---|
| 2 teaspoons canola oil   | 1 long red chilli, thinly sliced                            |
| 350g pork fillet, thinly sliced  | 1 tablespoon lime juice                                     |
| 1 stalk lemongrass, white part only, thinly sliced                         | 1 tablespoon salt reduced soy sauce (gluten free if needed) |
| 2 tablespoons cashews  | 2 teaspoons brown sugar                                     |
| 2 tablespoons whole almonds  | 4 cups rice noodles cooked, to serve                        |
| 2 green onions, cut into 3cm lengths                                       |   |
| 4 cups sliced mixed vegetables e.g. carrots, bok choy, snow peas, capsicum |   |

Heat the oil in a wok or large non-stick frying pan. Stir fry the pork in batches until browned then remove and keep warm. Add the lemongrass, cashews, almonds, green onions, vegetables and chilli and cook for 3–4 minutes or until the lemongrass is soft.

Return the pork to the wok, along with the combined lime juice, soy and brown sugar. Cook for a further 3 minutes then serve immediately with noodles.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 1980kJ (470kcal), Protein 29g, Total fat 13g, Saturated fat 2g (15% of total fat), Monounsaturated fat 7g, Polyunsaturated fat 3g, Carbohydrates 54g, Fibre 12g, Sodium 310mg



## Roast pork loin with pistachio, chestnut and apricot stuffing GF

- ¼ cup whole chestnuts
- ⅓ cup pistachio kernels
- 2 tablespoons sage leaves, shredded
- ½ cup roughly dried apricot, chopped
- 1.25kg rolled pork loin, fat trimmed
- 6 cups steamed mixed vegetables
- 2 large sweet potatoes, cut into pieces

Preheat oven to 200°C. Boil the chestnuts for 15 minutes then drain and remove outer skins. Set aside then roughly chop. Combine the chestnuts, pistachios, sage and dried apricots.

Trim the pork of fat and lay the loin out flat. Spoon the nut mixture over the centre of the meat, then roll the meat up again and secure with cooking string.

Place the pork on a baking tray lined with non-stick baking paper. Roast for 1 hour 15 minutes or until cooked through. Rest for 10 minutes then carve and serve with steamed vegetables and roasted sweet potato.

Serves 6

### Nutrient content per serve (~10g nuts per serve)

Energy 1670kJ (400kcal), Protein 52g, Total fat 6g, Saturated fat 1g (17% of total fat), Monounsaturated fat 3g, Polyunsaturated fat 2g, Carbohydrates 26g, Fibre 13g, Sodium 176mg

## Snapper with tomato, pine nut and macadamia pesto GF

- |   |   |
|---|---|
| ½ cup (45g) semi dried tomatoes, drained      | Cracked black pepper to taste                             |
| ½ cup pine nuts, toasted                      | 4 baby snapper, scaled and cleaned                        |
| ½ cup macadamias, roughly chopped and toasted | Olive oil spray   |
| 1 tablespoon olive oil                        | 4 cups mixed salad  |
| ¼ cup water                                   | 4 slices wholegrain bread (or gluten free bread) to serve |
| ½ cup finely flat leaf parsley, chopped       |   |

Preheat oven to 200°C. To make the pesto, place the tomatoes and nuts in a food processor or blender and process until just combined. With the motor running, pour in the oil and water and continue to process until mixture forms a chunky paste. Remove the mixture from the processor and stir through the parsley. Set aside. Spray the snapper with olive oil spray and sprinkle with a little pepper. Place fish on a large oven tray lined with non-stick baking paper. Bake for 20 minutes or until cooked through. Serve the fish with pesto, bread and salad.

Serves 4

*Note: any remaining pesto can be kept in the refrigerator for up to a week.*

### Nutrient content per serve (~40g nuts per serve)

Energy 2800kJ (670kcal), Protein 45g, Total fat 38g, Saturated fat 5g (13% of total fat), Monounsaturated fat 20g, Polyunsaturated fat 11g, Carbohydrates 29g, Fibre 15g, Sodium 363mg



## Spiced Middle Eastern chicken and almond salad

- |                                   |   |
|-----------------------------------|---|
| 3 teaspoons cumin, ground         | 4 cups canned chickpeas, rinsed and drained |
| 1 teaspoon cinnamon, ground       | ¼ cup coriander, chopped                    |
| 1 teaspoon cardamom, ground       | Olive oil spray                             |
| Cracked black pepper to taste     | 4 tablespoons low fat Greek-style yoghurt   |
| 3 chicken breast fillets, trimmed |   |
| 2 medium oranges                  |   |
| ⅓ cup slivered almonds, toasted   |   |

Mix together the cumin, cinnamon, cardamom and pepper. Spray the chicken on both sides with olive oil spray then rub the spice mix over the chicken, coating well on both sides. Set aside for 15 minutes. Heat a large non-stick frying pan over medium heat and pan cook the chicken (in batches if necessary) for 4 minutes on each side or until cooked through. Remove and rest.

While the chicken is resting, peel the oranges and cut into segments, reserving any juices. To serve, toss the sliced chicken with the orange segments and juice, almonds, chickpeas and coriander. Serve with the Greek yoghurt.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 1985kJ (473kcal), Protein 34g, Total fat 26g, Saturated fat 8g (31% of total fat), Monounsaturated fat 12g, Polyunsaturated fat 4g, Carbohydrates 23g, Fibre 5g, Sodium 315mg

## Steak with walnut and rocket pesto

- 100g raw walnuts
- 100g rocket leaves
- 2 cloves crushed garlic
- 1 long red chilli, seeded and chopped
- Cracked black pepper to taste
- ¼ cup olive oil
- ¼ cup warm water
- 4 x 180g sirloin steaks, trimmed of fat
- 4 cups steamed mixed vegetables

GF

Place the walnuts, rocket, garlic, chilli and pepper in the bowl of a food processor or blender. Process for a few seconds until combined, then slowly pour in the olive oil in a thin stream, followed by the water. Set aside.

Heat a stovetop grill on high. Spray the steaks with a little oil spray and place on the grill. Cook for 3–4 minutes on each side for medium-well done or cook to your liking. Serve a dollop of pesto on top of each steak and serve with steamed vegetables.

Serves 4

### Nutrient content per serve (25g nuts per serve)

Energy 2674kJ (637kcal), Protein 49g, Total fat 42g, Saturated fat 8g (19% of total fat), Monounsaturated fat 17g, Polyunsaturated fat 15g, Carbohydrates 11g, Fibre 12g, Sodium 157mg



## Tofu stir fry with oyster sauce and chestnuts

V GF

- ½ cup whole chestnuts, roasted
- 2 teaspoons canola oil
- 2 cloves garlic, crushed
- 2 teaspoons ginger, finely shredded
- 2 tablespoons water
- 250g Asian greens such as bok choy, cut into 10cm lengths
- ¼ cup hoi sin sauce
- 2 x 300g packs silken firm tofu, drained and sliced
- 4 cups rice noodles, cooked

Roast the chestnuts for 15 minutes then drain and remove outer skins. Set aside. Heat the oil in a wok or large non-stick frying pan over medium-high heat. Add the garlic, ginger and chestnuts and cook for 1 minute before adding 2 tablespoons water and the Asian greens. Stir fry until just wilted then add the hoi sin sauce.

Cook for another minute, add the tofu and gently continue to stir fry until the tofu is warmed through. Serve immediately with rice noodles.

Serves 4

### Nutrient content per serve (~20g nuts per serve)

Energy 1632kJ (390kcal), Protein 18g, Total fat 7g, Saturated fat 1g (14% of total fat), Monounsaturated fat 2g, Polyunsaturated fat 3g, Carbohydrates 59g, Fibre 8g, Sodium 399mg



## Stuffed eggplant with cashews and feta V GF

- 2 medium eggplants, halved lengthways
- 1/3 cup cashews, roughly chopped
- 1/2 cup reduced fat feta, roughly crumbled
- 1/2 cup canned chickpeas, drained
- 1/3 cup (4 tablespoons) reduced fat semi-dried tomatoes, chopped
- 1 medium egg, lightly beaten
- 2 tablespoons basil, shredded
- Cracked black pepper to taste
- 4 cups cooked cous cous (or rice to make gluten free) to serve

Preheat oven to 200°C. Place eggplants on a baking tray lined with non-stick baking paper. Cover with foil and cook for 20 minutes or until just tender. Remove foil and drain any cooking liquid. Cool slightly.

Mix together the cashews, feta, chickpeas, semi dried tomatoes, egg, basil and pepper until fully combined. Pile on top of the cut side of each eggplant. Bake for 15 minutes until golden and cooked through. Serve with cous cous or rice.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 1940kJ (642kcal), Protein 23g, Total fat 12g, Saturated fat 4g (33% of total fat), Monounsaturated fat 5g, Polyunsaturated fat 2g, Carbohydrates 60g, Fibre 9g, Sodium 430mg



## Kids pasta with tuna, almonds and peas GF

- 350g gluten free or regular pasta
- 1 cup frozen peas
- 190g canned tuna in spring water, drained
- 125g or about 8 cherry tomatoes, halved
- 1/3 cup slivered almonds, toasted
- 1/4 cup flat leaf parsley, chopped
- 1 tablespoon extra virgin olive oil
- 1 medium carrot and 1 red and 1 green capsicum cut into sticks to serve

Cook pasta in a large saucepan of boiling water for 12 minutes or until al dente. Drain, reserving 2 tablespoons cooking liquid, then set aside and keep warm. Simmer the peas until cooked through. Drain. To serve, toss the pasta with the peas, tuna, cherry tomatoes, almonds, parsley and oil and serve immediately with vegetable sticks.

Serves 4

### DID YOU KNOW?

If your kids can't eat nuts at school why not give them a nutty afternoon tea or add some crunch to their dinner

### Nutrient content per serve (~10g nuts per serve)

Energy 2130kJ (507kcal), Protein 26g, Total fat 13g, Saturated fat 2g (15% of total fat), Monounsaturated fat 7g, Polyunsaturated fat 2g, Carbohydrates 67g, Fibre 9g, Sodium 60mg

## Beans with pecans and macadamias

V

- 175g green beans, trimmed
- 1 tablespoon lemon juice
- 1 tablespoon macadamia oil
- 1 teaspoon honey
- ½ teaspoon Dijon mustard
- 50g raw pecans, roughly chopped
- 50g raw macadamias, roughly chopped
- Cracked black pepper to taste

Place beans in a saucepan of boiling water and blanch for 1–2 minutes. Drain well and place on a serving plate.

Heat a small saucepan over medium-low heat. Add the lemon juice, macadamia oil, honey, Dijon mustard and nuts. Season with pepper to taste. Heat for 1–2 minutes, stirring until honey has dissolved. Spoon warm dressing and nuts over the beans and serve immediately.

Serves 6 as a side



**Nutrient content per serve** (~17g nuts per serve)

Energy 657kJ (156kcal), Protein 2g, Total fat 16g, Saturated fat 2g (13% of total fat), Monounsaturated fat 11g, Polyunsaturated fat 2g, Carbohydrates 3g, Fibre 2g, Sodium 5mg

## Brussels sprouts with ham, chestnuts and walnuts

- ⅓ cup whole chestnuts
- 100g lean ham, sliced thinly
- 2 teaspoons olive oil
- 250g Brussels sprouts, halved
- ¼ cup roughly walnuts, roughly chopped
- Olive oil spray

**DID YOU KNOW?**  
Chestnuts are more like a grain than a nut as they are low in fat and rich in low GI carbohydrates.

Score the skins then boil the chestnuts for 15 minutes, drain and remove outer skins. Set aside then roughly chop.

Heat a large non-stick frying pan and spray lightly with olive oil spray. Cook the ham until golden and crisp then remove and set aside.

Meanwhile, steam the Brussels sprouts for 4 minutes or until just tender – don't overcook. Reheat the frying pan over medium heat. Add the olive oil and Brussels sprouts to the pan, along with the walnuts and chestnuts. Cook for 5 minutes until the sprouts are fully tender and slightly golden. Return the ham to the pan, cook for another minute then serve with fish or grilled meat.

Serves 4 as a side

**Nutrient content per serve** (~20g nuts per serve)

Energy 600kJ (143kcal), Protein 9g, Total fat 10g, Saturated fat 1g (11% of total fat), Monounsaturated fat 3g, Polyunsaturated fat 4g, Carbohydrates 6g, Fibre 4g, Sodium 342mg



## Roasted chats with pecans and rosemary V GF

- 750g chat potatoes unpeeled, halved
- 1 cup whole pecans
- 4 sprigs rosemary
- 5 whole garlic cloves
- Cracked black pepper to taste
- Olive oil spray

Preheat oven to 200°C. Steam potatoes for 5 minutes then transfer to a tray lined with non-stick baking paper. Spray with olive oil spray. Add pecans, rosemary, garlic and plenty of black pepper. Cook for 10–15 minutes or until potatoes are cooked through and tender. Serve immediately with meat or fish.

Serves 6 as a side

### DID YOU KNOW?

Pecans have a very high antioxidant content due to their brown coats. The antioxidants help prevent the polyunsaturated fats from going rancid too quickly.



### Nutrient content per serve (~20g nuts per serve)

Energy 952kJ (227kcal), Protein 5g, Total fat 14g, Saturated fat 1g (7% of total fat), Monounsaturated fat 8g, Polyunsaturated fat 5g, Carbohydrates 17g, Fibre 4g, Sodium 6mg



## Roasted pumpkin and pistachio salad V GF

- 700g peeled and seeded pumpkin
- Cracked black pepper to taste
- 100g baby English spinach leaves
- 75g pistachio kernels
- 1 avocado, cut into wedges
- 1 small Spanish red onion, thinly sliced
- ¼ cup basil leaves
- 2 tablespoons red wine vinegar, to serve

Preheat oven to 200°C. Slice the pumpkin into thin wedges and place on a baking tray lined with non-stick baking paper. Spray with oil spray and sprinkle with pepper. Cook for 20–25 minutes or until tender and golden. Remove from the oven and set aside to cool slightly.

Arrange the pumpkin on a serving plate with baby spinach, pistachio, avocado, Spanish onion and basil. Drizzle with red wine vinegar and serve.

Serves 6 as a side

### Nutrient content per serve (~13g nuts per serve)

Energy 890kJ (212kcal), Protein 5g, Total fat 15g, Saturated fat 3g (20% of total fat), Monounsaturated fat 9g, Polyunsaturated fat 3g, Carbohydrates 11g, Fibre 6g, Sodium 9mg

## Apple, cinnamon and walnut fritters V

- 1 cup wholemeal self raising flour
- 1½ tablespoons icing sugar
- 1 teaspoon cinnamon, ground
- ½ cup skim milk
- 1 medium egg, lightly beaten
- 1 medium red apple, grated (skin on)
- ⅓ cup walnuts, finely chopped
- 1 tablespoon extra walnuts
- 4 tablespoons honey

Sift together the flour, icing sugar and cinnamon in a large bowl. Add the milk, egg, apple and walnuts, set aside for 10 minutes to rest. Heat a large non-stick frying pan over medium-low heat and spray with oil spray. Add heaped tablespoons of the mixture to the pan, allowing room for spreading and flatten slightly with a spatula. Cook for 3–4 minutes or until golden on the underside. Turn carefully and cook on the other side for 2–3 minutes until golden on the underside and cooked through. Remove from the pan and keep warm as you repeat with remaining mixture. Serve sprinkled with extra walnuts and a drizzle of warmed honey.

Makes 12, serves 4

*Note: this recipe was not tested with gluten free flour however it may work with gluten free flour.*

### Nutrient content per serve (~10g nuts per serve)

Energy 1510kJ (360kcal), Protein 8g, Total fat 10g, Saturated fat 1g (10% of total fat), Monounsaturated fat 2g, Polyunsaturated fat 7g, Carbohydrates 57g, Sugars 34g, Fibre 6g, Sodium 265mg

### DID YOU KNOW?

Cinnamon and walnuts are rich sources of phytochemicals which have both antioxidant and anti-inflammatory effects and may help explain their effects on brain health.



## Baked apricots stuffed with macadamias V

- 8 ripe apricots, halved and stone removed
- 50g raw macadamias, finely chopped
- 2 tablespoons reduced salt canola margarine
- 2 tablespoons brown sugar
- 2 tablespoons plain flour
- 1 teaspoon orange rind, finely grated
- Ground cinnamon, for dusting
- 4 tablespoons reduced fat ricotta, to serve

Preheat oven to 180°C. Place the macadamias, margarine, brown sugar, flour and orange rind in a bowl and mix until fully combined (the best way to do this is with your finger tips). Place the apricots cut side up in a baking tray lined with non-stick baking paper. Spoon a little of the macadamia mixture into the cavity of each apricot then sprinkle with a little cinnamon. Bake for 20 minutes or until caramelised and soft. Serve apricots with a dollop of low fat ricotta.

Serves 4

*Note: drained, canned apricots may be substituted for fresh.*

### Nutrient content per serve (~13g nuts per serve)

Energy 985kJ (234kcal), Protein 4g, Total fat 18g, Saturated fat 4g (22% of total fat), Monounsaturated fat 11g, Polyunsaturated fat 2g, Carbohydrates 14g, Sugars 10g, Fibre 2g, Sodium 85mg



## Figs with cinnamon, almonds and walnuts V GF

- 1 cup fresh orange juice
- 1 cinnamon stick
- 2 star anise
- 12 small fresh figs
- ¼ cup blanched almonds
- ¼ cup walnuts, roughly chopped

Place the orange juice, cinnamon and star anise in a small saucepan over medium heat. Bring to a simmer, reduce the heat to low and add the figs. Poach the figs for 10 minutes then remove from the heat and allow to cool. Continue to simmer the orange poaching liquid until reduced slightly.

To serve, spoon the figs into serving bowls and scatter with almonds and walnuts.

Serves 4

### DID YOU KNOW?

All nuts are gluten free and ground nuts or nut meals such as almond meal, hazelnut meal and chestnut meal can be useful gluten free alternatives to wheat flour.



### Nutrient content per serve (~15g nuts per serve)

Energy 795kJ (190kcal), Protein 5g, Total fat 11g, Saturated fat 1g (9% of total fat), Monounsaturated fat 5g, Polyunsaturated fat 5g, Carbohydrates 15g, Sugars 15g, Fibre 5g, Sodium 8mg



## Grilled bananas with macadamias and yoghurt V

- 2 tablespoons brown sugar
- 1 teaspoon vanilla essence
- 15g reduced salt canola margarine
- 4 medium bananas
- ¼ cup macadamias, chopped
- ⅓ cup low fat Greek-style yoghurt, to serve

Heat a barbecue or stovetop grill to high heat. Mix together the brown sugar, vanilla and margarine until fully combined.

Peel the banana skins back, but do not take them off the bananas. Spoon a little brown sugar mixture onto each banana, then fold the skins back around the flesh to enclose. Cover the bananas in foil.

Place the bananas on the grill and barbecue for 10 minutes. Remove from the grill and allow to sit for 5 minutes before removing the foil. Carefully peel away the skin from the bananas. Place bananas on serving plates and spoon over any melted margarine mixture left in the skins. Sprinkle liberally with macadamias and serve with a spoonful of the low fat Greek-style yoghurt.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 875kJ (208kcal), Protein 4g, Total fat 10g, Saturated fat 2g (20% of total fat), Monounsaturated fat 7g, Polyunsaturated fat 1g, Carbohydrates 27g, Sugars 24g, Fibre 3g, Sodium 34mg

## Pancakes with pecans and berries

1¼ cups wholemeal self raising flour, sifted  
 2 tablespoons caster sugar  
 1 medium egg, lightly beaten  
 1¼ cup skim milk  
 1 tablespoon canola oil  
 1 teaspoon caster sugar, extra  
 ½ teaspoon vanilla essence  
 ⅓ cup low fat ricotta  
 ⅔ cup frozen or fresh mixed berries  
 ⅓ cup pecans, chopped

Sift the flour and sugar into a large bowl and make a well in the centre. Mix together the egg, milk and oil until combined then pour into the well, whisking to a smooth batter. Cover the bowl with plastic and refrigerate for 20 minutes.

Place ½ cup of berries in a small bowl, add the extra caster sugar and vanilla essence, stir to combine then set aside. After 20 minutes, stir the ricotta, remaining berries and pecans into the batter (ricotta does not have to be smooth). Heat a large non-stick frying pan over medium heat and spray with oil spray. Pour ¼ cup pancake batter into the pan. Cook for 1–2 minutes until golden on the underside then carefully turn and cook on the other side. Remove and keep warm as you repeat with the remaining batter. Serve with ricotta, extra nuts and berry compote to garnish.

Serves 4

*Note: this recipe was not tested with gluten free flour however it may work.*

### Nutrient content per serve (~10g nuts per serve)

Energy 1580kJ (376kcal), Protein 13g, Total fat 15g, Saturated fat 2g (13% of total fat), Monounsaturated fat 8g, Polyunsaturated fat 5g, Carbohydrates 45g, Sugars 17g, Fibre 7g, Sodium 390mg



## Pears with pistachio and pine nuts v

4 medium green or brown pears, unpeeled  
 ¼ cup pistachio kernels and pine nuts, mixed  
 2 tablespoons raisins  
 ¼ teaspoon mixed spice  
 1 tablespoon maple syrup  
 4 tablespoons low fat Greek-style yoghurt

Preheat oven to 180°C. Halve each pear and remove the core. Place on a baking tray lined with non-stick baking paper and spray with oil spray. Bake for 15–20 minutes.

Meanwhile, combine the pistachios and pine nuts, raisins and mixed spice. Add the maple syrup and toss to coat. Remove the pears from the oven and spoon the nut mixture into the cavities. Return to the oven and continue to cook for 10–15 minutes until softened. Serve warm or cooled with 1 tablespoon of Greek yoghurt. Liqueur or dessert wine optional.

Serves 4

### Nutrient content per serve (~10g nuts per serve)

Energy 792kJ (190kcal), Protein 4g, Total fat 4g, Saturated fat 0.5g (13% of total fat), Monounsaturated fat 2g, Polyunsaturated fat 1g, Carbohydrates 32g, Sugars 27g, Fibre 7g, Sodium 24mg

## Blueberry and pecan bread v

- 1½ cups self raising flour, sifted
- ¾ cup brown sugar
- 80g raw pecans, roughly chopped
- 125g fresh or frozen blueberries
- ½ teaspoon orange rind, finely grated
- ⅓ cup olive oil
- 2 medium eggs
- ⅓ cup skim milk

Preheat oven to 170°C. Place the flour, sugar, pecans, blueberries and orange rind in a large bowl. Whisk together the oil, eggs and milk and fold into the flour mixture, mixing gently until just combined.

Spoon the mixture into a 10cm x 20cm loaf tin lined with non-stick baking paper. Bake for 50–60 minutes or until cooked through when tested with a skewer. Serve warm or at room temperature.

Serves 12

*Note: bread can be kept, wrapped in foil for up to 3 days.*

### DID YOU KNOW?

Both pecans and blueberries have a high antioxidant capacity so a slice of this bread packs an antioxidant punch



#### Nutrient content per serve (~7g nuts per serve)

Energy 910kJ (217kcal), Protein 4g, Total fat 12g, Saturated fat 2g (17% of total fat), Monounsaturated fat 7g, Polyunsaturated fat 2g, Carbohydrates 23g, Sugars 12g, Fibre 1g, Sodium 136mg



## Nutty Christmas sweetheart cakes v

- |                          |   |
|--------------------------|---|
| 450g mixed dried fruit   | 240g mixed nuts, roughly chopped <span style="color: green;">v</span> |
| ¼ cup brandy             | 1 teaspoon orange rind, finely grated                                 |
| ½ cup fresh orange juice | 3 teaspoons mixed spice   |
| ¼ cup canola oil         | 2 cups wholemeal plain flour, sifted                                  |
| 3 medium egg whites      | ½ cup wholemeal self raising flour, sifted                            |
| ¾ cup brown sugar        |   |

Combine the mixed dried fruit, brandy and orange juice in a bowl. Cover and set aside overnight. Preheat oven to 160°C. Lightly grease a 19cm non-stick heart shape tin or six small 9.5cm non-stick heart shape tins. Place the canola oil, egg whites and brown sugar in a large bowl and whisk for 2–3 minutes. Add soaked fruit, nuts and orange rind and stir until fully combined. Gradually add mixed spice, plain flour and self raising flour and stir until fully combined.

Spoon the mixture into the tin(s), until ¾ full. Place on a baking tray lined with 6–8 sheets of newspaper\*. Bake for 25 minutes (for small hearts) or 1 hour 10 minutes (for large heart). Remove from oven, stand for 5 minutes then remove from tin and cool on a wire rack.

Serves 12 (large cake) or serves 2 (per small cake).

*\* Note: the newspaper insulates the tin and ensures the base does not burn whilst cooking. By cooking on the middle rack of the oven the paper will not catch fire due to the low cooking temperature.*

#### Nutrient content per serve (20g nuts per serve of large cake)

Energy 1780kJ (424kcal), protein 9g, total fat 16g, saturated fat 2g (13% of total fat), monounsaturated fat 8g, polyunsaturated fat 5g, carbohydrates 56g, Fibre 7g, Sodium 84mg

## Peach and almond scones v

- 2¼ cups self raising flour, sifted
- 1½ tablespoons caster sugar
- 25g cold reduced salt butter, chopped
- ¾ cup skim milk
- 100g canned peaches in natural juice, drained and chopped
- 50g raw blanched almonds, roughly chopped
- 1 tablespoon skim milk, extra, for brushing

Preheat oven to 220°C. Place the flour and sugar in a large bowl. Using your fingertips, mix in the butter lightly, until the mixture resembles fine breadcrumbs. Add the milk, peach and almonds, mixing with a spatula until just combined.

Transfer the mixture to a lightly floured surface and press together into a round shape approximately 3cm high. Using a 5cm diameter biscuit cutter, cut out rounds from the dough and place on a baking tray sprinkled with a little extra flour. Gather up the remaining dough, press together lightly into a round and repeat the process.

Brush the tops of each scone with milk. Bake for 15 minutes or until golden brown on top and hollow sounding when tapped. Serve warm or at room temperature.

Makes approximately 12

**Nutrient content per serve** (~4g nuts per serve)

Energy 640kJ (152kcal), Protein 4g, Total fat 4g, Saturated fat 1g (25% of total fat), Monounsaturated fat 2g, Polyunsaturated fat 1g, Carbohydrates 23g, Sugars 4g, Fibre 2g, Sodium 192mg



## Raspberry and hazelnut muffins v

- 2½ cups self raising flour, sifted
- ¾ cup caster sugar
- ½ teaspoon ground cinnamon
- 1 cup skim milk
- 2 medium eggs, lightly whisked
- ⅓ cup canola oil
- 1 cup fresh or frozen raspberries
- 100g raw hazelnuts, roughly chopped

Preheat oven to 180°C. Place the flour, sugar and cinnamon in a large bowl, making a well in the centre. Combine the milk, eggs, oil, raspberries and hazelnuts and add to the flour mixture, stirring until just combined.

Spoon the mixture into ½ cup capacity non-stick muffin tin, filling ¾ full. Bake for 15–20 minutes or until cooked through and golden.

Makes 15

**Nutrient content per serve** (~7g nuts per serve)

Energy 953kJ (227kcal), Protein 5g, Total fat 10g, Saturated fat 1g (10% of total fat), Monounsaturated fat 6g, Polyunsaturated fat 2g, Carbohydrates 29g, Sugars 12g, Fibre 2g, Sodium 180mg

## White chocolate and walnut brownie



- 150g reduced salt canola margarine, melted
- 1/3 cup cocoa powder, sifted
- 1 1/2 cups self raising flour, sifted
- 3/4 cup caster sugar
- 3 medium eggs, lightly whisked
- 2 tablespoons skim milk
- 100g raw walnuts, roughly chopped
- 150g white chocolate, roughly chopped
- 1 tablespoon icing sugar or cocoa, to serve

Preheat oven to 160°C. Place the melted margarine, cocoa, flour, sugar, eggs, milk, walnuts and white chocolate in a large bowl and mix until fully combined. Spoon the mixture into a 20cm x 30cm tin lined with non-stick baking paper.

Bake for 30 minutes or until set on top. Brownie should be quite moist in the middle. Serve warm or at room temperature, dusted with a little icing sugar or cocoa.

Serves 8

**Nutrient content per serve** (~13g nuts per serve)

Energy 2124kJ (506kcal), Protein 9g, Total fat 30g, Saturated fat 8g (33% of total fat), Monounsaturated fat 10g, Polyunsaturated fat 10g, Carbohydrates 51g, Sugars 31g, Fibre 3g, Sodium 300mg



## Bircher muesli with mixed nuts



- 2 cups rolled oats
- 1/3 cup sliced dried apricots
- 2 tablespoons sultanas
- 1 1/2 cups apple juice
- 50g raw pecans
- 50g raw hazelnuts
- 50g raw whole blanched almonds
- 50g raw macadamias
- 1 medium red apple, halved and thinly sliced
- 1/2 cup low fat natural yoghurt
- 1/4 cup skim milk
- 2 tablespoons honey to serve

**DID YOU KNOW?**

Eating a low GI breakfast like Bircher muesli will help satisfy the appetite and provide longer lasting energy to keep you focused all morning until lunch.

Place the rolled oats, apricots and sultanas in a bowl and pour over the apple juice. Cover and refrigerate overnight. Preheat oven to 180°C. Place all the nuts on a baking tray and bake for 5 minutes or until golden. Remove from oven, cool then chop roughly. Add the nuts to the rolled oat mixture, along with the apple, yoghurt and milk. Stir until completely combined. Serve with a drizzle of honey if desired.

Serves 6

*Note: this muesli will keep well in the fridge for 2-3 days.*

**Nutrient content per serve** (33g nuts per serve)

Energy 1904kJ (453kcal), Protein 10g, Total fat 25g, Saturated fat 2g (8% of total fat), Monounsaturated fat 17g, Polyunsaturated fat 5g, Carbohydrates 45g, Sugars 26g, Fibre 7g, Sodium 37mg

## Cashew and Brazil nut burgers V

- |   |   |
|---|---|
| 1 cup dry cous cous                     | 2 medium eggs, lightly beaten                 |
| 1 tablespoon extra virgin olive oil     | 1 tablespoon plain flour                      |
| 100g raw cashews, chopped               | Cracked black pepper to taste                 |
| 100g raw Brazil nuts, chopped           | ¼ teaspoon ground cumin                       |
| ¼ cup mint, chopped                     | 3 cups rocket and baby English spinach leaves |
| 2 green onions, sliced                  | 4 tablespoons hummus                          |
| 1 tablespoon flat leaf parsley, chopped |   |

Place cous cous in a heat-proof bowl and pour over boiling water. Water should come about 2cm above the level of cous cous. Cover with plastic wrap and stand for 5 minutes. Remove plastic, add olive oil and fluff up the cous cous with a fork. Refrigerate until cooled. Place the Brazil nuts, mint, green onions, basil, egg, flour, pepper and cous cous in a large bowl and mix together until fully combined.

Using wetted hands, divide the mixture into eight and shape into patties. Place patties on a baking tray lined with non-stick baking paper and chill for 10 minutes. Heat a non-stick frying pan over medium heat and spray with oil spray. Cook the patties for 3-4 minutes on each side or until golden brown. Serve with rocket and baby spinach and a tablespoonful of hummus.

Serves 4

### Nutrient content per serve (50g nuts per serve)

Energy 2552kJ (608kcal), Protein 18g, Total fat 40g, Saturated fat 8g (20% of total fat), Monounsaturated fat 19g, Polyunsaturated fat 10g, Carbohydrates 41g, Fibre 9g, Sodium 106mg



## Sweet potato, hazelnut and spinach frittata V GF

- |  |                                    |
|--|------------------------------------|
| 150g sweet potato, peeled and cut into 1cm cubes | ¼ cup hazelnuts, roughly chopped   |
| 1 medium Spanish red onion, sliced               | ¼ cup low fat tasty cheese, grated |
| 5 medium eggs                                    | Olive oil spray                    |
| 2 medium egg whites                              | 4 cups cooked brown rice           |
| 75g baby English spinach leaves                  | 2 tablespoons tomato relish        |

Preheat an oven grill to high. Spray a large non-stick frying pan with olive oil spray over medium heat and add the sweet potato and red onion. Cook for 6–8 minutes or until golden and tender. Whisk the eggs and egg whites together then pour into the pan. Cook over low heat for 5 minutes then sprinkle with spinach leaves and hazelnuts. Continue cooking for 6–8 minutes until surface is nearly set. Sprinkle the frittata with the cheese and place under the grill until golden and fully set on top. Serve in wedges with 1 cup of brown rice and 2 teaspoons of tomato relish.

Serves 4

*Note: if your frying pan does not have a heatproof handle, cover the handle in foil before placing it under the grill.*

### Nutrient content per serve (~10g nuts per serve)

Energy 2167kJ (516kcal), Protein 21g, Total fat 14g, Saturated fat 4g (29% of total fat), Monounsaturated fat 7g, Polyunsaturated fat 2g, Carbohydrates 73g, Fibre 6g, Sodium 260mg

### Tamari mixed nuts v

400g unsalted raw mixed nuts

2 tablespoons Tamari sauce\*

2 teaspoons sesame seeds

Pinch of five spice powder

Preheat oven to 170°C. Place the nuts in a large bowl and toss with the Tamari, sesame seeds and five spice powder, ensuring the nuts are coated well.

Transfer the nut mixture to a baking tray lined with non-stick baking paper and spread out evenly.

Bake for 10 minutes or until golden brown. Remove from oven and allow to cool completely (this will also allow the nuts to crisp up further). Store in an airtight container for up to 3 days.

Serves 6

\* Note: Tamari is similar in flavour to soy sauce and is available in supermarkets or Asian grocers. Reduced salt soy sauce may be substituted.

**Nutrient content per serve** (67g nuts per serve)

Energy 1690kJ (400kcal), Protein 15g, Total fat 35g, Saturated fat 5g (14% of total fat), Monounsaturated fat 18g, Polyunsaturated fat 10g, Carbohydrates 7g, Fibre 6g, Sodium 236mg



### Buying and Storage Tips

When choosing nuts, look for crisp, plump and meaty kernels. If buying nuts in shell, select clean nuts free from cracks and holes. To keep nuts in the best condition, store them in an airtight container in the refrigerator or freezer. Nuts can last 1–2 years once picked if well stored. Check the use by date on packed nuts or only buy nuts from good suppliers with a high turnover. Nuts can be refrigerated or frozen for up to 6 months. Bring nuts back to room temperature before eating for a few minutes, either by leaving them at room temperature or microwaving for a few seconds.



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