

30 days and 30 ways with California Walnuts



#GotItCracked

Enjoying a handful of naturally nutritious California Walnuts every day, either as a snack or added to your cooking, is a simple step towards healthier eating.



Ever wondered what to do with your California Walnuts? With their fabulously creamy and mild taste, wonder no more... We've put together 30 different ways to enjoy a handful of California Walnuts.

This includes ideas from
Nichola Ludlam-Raine @nicsnutrition
James Wythe @HealthyLivingJames
Luce Hosier @WhatLuceEats

You can find all the recipes at californiawalnuts.co.uk but we've included a few at the back of the guide for you too. Whether it's a simple snack, a mid-week meal, or a great bake, when it comes to enjoying California Walnuts, we've **#GotItCracked**



Top Tip →

Once you've opened your bag of California Walnuts make sure to store them in the fridge, it will keep them fresher for longer

DAY
30

days and 30 ways with California Walnuts





Perfect Porridge



Pepper Pesto Pasta



Pancetta Salad



Pastry Puffs



Cacao Granola



Carrot Cake Loaf



Coconut Rice Salad



Smashing Smoothie



Cinnamon and Orange Walnuts



Tenderstem Spaghetti



Banana Breakfast Traybake



Crusted French Toast



Recipes can be found at californiawalnuts.co.uk

Top Tip →

Check for Produce of USA or California
on pack when buying your walnuts



Nic's...

nuts about nuts

Walnuts are high in unsaturated, heart healthy fats, and are a rich source of plant-based Omega-3 fatty acids (known as Alpha-Linolenic Acid or ALA); these are essential fatty acids as our body cannot make them, meaning we must get them from our diet.

As well as being a great source of Omega-3, there are many other benefits to including a handful of California Walnuts in your daily routine, such as:

- **They are also a source of fibre** with a 30g serving (a handful) providing 1.4g.
- **They contain 4g of plant-based protein**, which can help us feel fuller for longer – ideal for an afternoon snack!
- **They are a great source of B Vitamins B1 (thiamin), B2 (riboflavin) & Vitamin B6** which support normal functioning of the nervous system and can help the body to use and store energy from protein and carbohydrates in food.
- **They are rich in copper and zinc** which contribute to immune function & maintenance of normal skin and hair.

Nichola Ludlam-Raine
UK Specialist Registered Dietitian



#SnackingCracked

with Nic's Nutrition



I absolutely love walnuts – not only because they taste delicious and are super nutritious, but because they are extremely versatile too.



Sweet Cinnamon & Orange California Walnuts Snack

Ingredients

- 200g California Walnuts
- 2 tbsp honey or maple syrup
- Juice + zest of an orange
- 1 tsp cinnamon

Method

Preheat your oven to 180°C.

Line a baking tray with baking paper, place the walnuts on the tray, and roast in the oven for 3 minutes.

Mix together the maple syrup, orange juice & zest and cinnamon in a small bowl and drizzle over the walnuts, tossing to coat.

Place back in the oven and roast for 5-6 minutes or until toasted and fragrant.

Allow to cool (so they go crunchy!) & store in an airtight container. Enjoy!

Nichola
Ludlam-Raine

Nutrition

Calories : 265

Serving: 50g | Calories: 265kcal | Carbohydrates: 8.1g |
Protein: 5.9g | Fat: 23g | Saturated Fat: 2.5g | Fibre: 1.9g |
Sugar: 7.7g | Salt: 0.01g

To see more recipes from Nic visit californiawalnuts.co.uk

#MealtimesCracked

with Healthy Living James



This dish is super easy to make, gluten free and vegan and makes a perfect lunch or light dinner. The California Walnuts have a mild and creamy taste and are absolutely delicious.



James Wythe

California Walnut & Butternut Squash Pastry Tart

Ingredients

SERVES 4

- Handful California Walnuts roughly crushed
- 1/2 butternut squash chopped into cubes
- Gluten free puff pastry
- 1 red onion sliced
- 1/2 courgette sliced
- 1 tsp fennel seeds
- Handful vegan cheese
- Olive oil
- Salt & pepper

Method

Pre-heat your oven to 200°C.

Chop your butternut squash into cubes (no need to peel it), place into a baking dish and drizzle over olive oil, pinch of salt and pepper and roast for 30 minutes. Meanwhile roughly slice your red onion and fry in a pan over a medium heat with olive oil and a pinch of salt until it softens (roughly 5-6 minutes).

Now add your puff pastry to a large baking tray. With a knife, gently score a line all the way round (roughly 1 inch) from the edges. This gives you a guide with how much to fill the tart plus helps fold over the edges later.

Now with a fork make pricks across the middle of the pastry. Add your onion, roasted squash, chopped courgette, fennel seeds, vegan cheese and sprinkled California walnuts. Fold over the pastry edges and lightly coat with olive oil. Bake for 15 minutes at 200°C.

Nutrition

Calories : 450

Serving: 204g | Calories: 450kcal | Carbohydrates: 42g |
Protein: 5.4g | Fat: 27g | Saturated Fat: 10g | Fibre: 7.2g |
Sugar: 8.9g | Salt: 0.01g

To see more recipes from James visit californiawalnuts.co.uk

#BakingCracked

with What Luce Eats



These have to be one of the most delicious things I've made recently. California Walnuts add the loveliest of crunches and are a great way of getting some extra Omega 3.



Mini Salted Caramel Chocolate Tarts

Ingredients

SERVES 7

For the base

- 130g California Walnuts
- 120g dates
- 40ml maple syrup
- 130g oats
- 1/2 teaspoon of salt
- 50ml melted coconut oil

For the chocolate filling

- 220g silken tofu
- 100g melted dark chocolate
- 100ml canned coconut milk
- For the salted caramel
- 50g light brown sugar
- 100ml canned coconut milk
- 1/2 teaspoon of salt

For the chocolate sauce

- 30g melted dark chocolate
- 10g dairy free butter melted
- 15g single cream
- 15g icing sugar

For the walnut topping

- 45g California Walnuts crushed
- 1/2 tablespoon of maple syrup

Method

Preheat the oven to 180°C and grease 7 mini tart tins. Make the base by adding all of the ingredients for the base to a blender and blending until crumbs are formed. Split the mixture between the tart tins and flatten on the base and up the sides. Bake them in the oven for 12 minutes before allowing to cool. Next prepare the chocolate filling by also blending the filling ingredients in a blender until smooth. Once the tart cases are cool split the mixture between them and delicately smooth flat. Place them in the fridge to set for approximately 1 hour and a half.

Whilst they are setting prepare the caramel by adding the brown sugar, coconut milk and salt to a saucepan on a medium heat. Stir continuously until the mixture starts to thicken and form caramel. Pour into a bowl/container and in the fridge to cool and set.

Also prepare the chocolate sauce by mixing all of the ingredients together and placing in the fridge to set. Whilst everything is setting preheat the oven again to 180°C and combine the walnuts and maple syrup. Scatter them on a baking tray and place in the oven for 10 minutes.

To finish add some salted caramel on top of the chocolate filling followed by the chocolate sauce. Top with toasted walnuts and enjoy!

Nutrition

Calories : 585

Serving: 160g | Calories: 585kcal | Carbohydrates: 52g | Protein: 11g
| Fat: 36g | Saturated Fat: 15g | Fibre: 4.6g | Sugar: 38g | Salt 0.77g

To see more recipes from Luce visit californiawalnuts.co.uk



*Important for
heart health*

The only tree nut to contain significant
amounts of Omega-3 ALA

California Walnuts have the heart healthy
seal of approval from
the heart health charity, HEART UK.



Charity Registration No. 1003904

californiawalnuts.co.uk