



# Nuts

**NATURE'S  
PERFECT  
SNACK**



**THERE ARE SO MANY GREAT BENEFITS OF NUTS AND SEEDS!** They are packed with protein and healthy oils. Nuts and seeds have almost no carbohydrates and are a great source of fiber. And there are so many health benefits! They are rich in antioxidants, and have been linked with decreasing inflammation, helping reduce risk for getting type 2 diabetes, decreasing cholesterol and blood glucose. However, do keep in mind that along with all these great benefits – nuts and seeds are loaded with calories. While that makes them a concentrated source of energy – you can't just eat all you want if you're watching your weight.

The good news is that a little goes a long way! Check out some of these recipes and ideas for adding more nuts and seeds to your meal plan!



### **FIT MORE NUTS AND SEEDS INTO YOUR DIET**

Sprinkle on morning hot or cold cereal, yogurt or cottage cheese

Add to a stir-fry or a pilaf rice dish

Chopped finely and combine with equal parts flour, use in a breading to cook fish

Make your own granola or trail mix

Toss into vegetable and fruit salads for a nice crunch

Grab a handful for a snack – by itself or with a piece of fruit

Enjoy nut butters spread on whole grain crackers, fruit or celery sticks

### **NUTS / PER ½ OZ SERVING**

	<b>CALORIES</b>	<b>CARBS</b>
Almonds (12 medium)	85	3
Cashews (9 medium)	82	5
Peanuts (small handful)	85	3
Pecans (10 halves)	95	2
Walnuts (8 halves)	90	2
Pistachios (25 shelled)	80	4

### **SEEDS / 1 TBSP SERVING**

Flax seed	47	3
Chia seed	45	4
Roasted pumpkin seeds	50	2
Sesame seeds	50	2
Hemp hearts	60	<1

## ROASTED NUTS

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*To bring out the earthy, nutty flavors of nuts, roast them! While they can be toasted in a dry skillet on the stove top (watch them carefully, as they can burn quickly), spreading them on a baking sheet and slipping them into preheated 300°F oven usually results in a better flavor. Small or chopped nuts might take only 5-8 minutes to roast and larger ones up to 10 minutes. Stir frequently. The lovely aroma and a deeper color will often tell you when they're done!*

## POWER GRANOLA

22 SERVINGS / SERVING SIZE ¼ CUP

200 calories; 10g carb, 5g protein, 17g fat / per serving

1 cup old fashioned rolled oats (*not quick cooking*)

¼ cup natural peanut butter

2 cups chopped unsalted nuts (*almonds, walnuts, pecans, etc.*)

¼ cup canola oil

2 cups unsalted seeds (*try a mixture of pumpkin seeds [pepitas] and sunflower seeds*)

¼ cup Splenda brown sugar blend

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**Preheat oven to 300 degrees. Line a baking sheet with foil or parchment paper. In a bowl, combine oats, nuts and seeds. In the microwave, heat the peanut butter, oil and brown sugar until just combined. Stir. Pour over the oats, nuts and seeds mixture. Spread granola in a packed, single layer onto the baking sheet. Bake 40-45 minutes, stirring every 10 minutes to ensure even browning. Remove from oven and let cool completely. Break up the granola and store in an air tight container.**