

Go nuts for nuts!



Are you looking for easy snack options while on the go this summer? Look no further than nuts!

Go nutty with your family, and enjoy the many health benefits of nuts!



Go nuts about nuts!

Crunchy, healthy and satisfying, nuts are packed full of nutritional and health benefits! They are portable, and do not require refrigeration making them a perfect travel snack. Include a mixture of nuts, ideally raw and unsalted, to provide the best variety of nutrients and antioxidants. As they are calorie dense, limit your daily intake to a handful.

Here are 6 reasons why you should add more nuts to your diet.

1. Nuts are a great source of energy and nutrients.
2. The unsaturated fats in nuts promote heart health and healthy brain function.
3. Nuts help control blood pressure and reduce risk of Type 2 Diabetes.
4. Vitamin E content helps maintain cell and mucous membranes of the skin and protect against free radicals
5. Flavonoids in nuts can help protect from cancer, heart disease and Alzheimer's.
6. The fiber, fat and moderate protein content helps maintain the feeling of satiety.

Nut Nutrition

Nut	Health Benefit
Almonds	Highest calcium content of all nuts. Also rich in vitamin E, fiber and magnesium.
Cashews	Great for skin and hair health. The fat content helps you feel full aiding in weight management.
Brazil nuts	Promotes heart health and the high selenium content helps protect against breast and prostate cancer.
Walnuts	The omega-3 fatty acid content helps brain and memory functions, and hydrates the skin.
Peanuts	This nut-like legume is a rich source of antioxidants and healthy fats.
Hazelnuts	Also known as filberts, these are rich in unsaturated fats, beneficial for heart health, and a good source of calcium.

Nutty facts

1. Cashews come from the same plant family as poison ivy. Cashews will never be found sold in their shells as shells contain oils that cause itching.
2. What do pistachios and kale have in common? More than you would think! Pistachios get their green colour from the same pigment (chlorophyll) as spinach and kale.
3. Walnuts are the richest nut source of omega-3 fatty acids- great for heart health.
4. Peanuts are not actually a nut but a legume; however we still include them in our discussion about nuts!

http://www.huffingtonpost.com/kristin-kirkpatrick-ms-rd-/diet-and-nutrition_b_5234528.html

Caution is advised when giving raw nuts to young children due to the choking hazard. Natural nut butters are a great substitute.

Source: <http://www.herbs-info.com/blog/amazing-health-benefits-of-nuts/>
http://www.canadianliving.com/health/nutrition/everything_you_need_to_know_about_nuts_4.php
http://www.health.com/health/gallery/0,,20585485_3,00.html

Featured Recipes

DIY Nut Butters

Did you know with a few easy steps you can make your own nut (or seed) butters at home?

Step 1: Soak nuts overnight in a bowl with enough water to cover the nuts. This step is optional however soaking nuts release any chemicals from harvest which in turn makes the butter easier to digest and improves flavor.

Step 2: Dry roast nuts in a single layer on a baking pan in the oven at 325° F (160° C) for 10-15 minutes. Again this step is optional however can help to bring out the flavors.

Ingredients

2-4 cups of soaked and dry-roasted nuts

1-2 tablespoons of natural, light tasting oil, such as coconut oil

Optional:

Sweeteners such as honey, maple syrup, coconut sugar etc.

Extra fine sea salt

1. Add nuts to a food processor ensuring there is lots of room for the nuts to move around.
2. Grind to a fine powder. At this time you may need to add the oil. Continue to process until smooth and creamy.
3. Continue processing and scraping down the bowl until the butter is creamy and can move easily in the processor. This can take several minutes so be patient.
4. Add any salt or sweeteners.
5. Store in air tight container.

Source: <http://tasty-yummies.com/2014/03/18/how-to-make-homemade-nut-butters/>

Nut Bark

A great snack to make ahead of time and bring on your next family outing.

Ingredients:

1 cup (250mL) puffed millet

1 cup (250mL) puffed brown rice

1 cup (250mL) cashews

1 cup (250mL) almonds

1 cup (250mL) pecans

¼ cup (65mL) pumpkin seeds

¼ cup (65mL) flax seeds

¼ cup (65mL) + 2 tablespoons (30mL) maple syrup

¼ teaspoon (1mL) sea salt

1 tablespoon (15mL) vanilla extract

2 large egg whites

1. Preheat oven at 350° F (175° C) and have a baking sheet covered with parchment paper ready.
2. Combine nuts and seeds in a large bowl and set aside
3. In a small bowl, beat egg whites, maple syrup, vanilla and salt. Add to dry ingredients and mix well
4. Transfer to baking sheet, press down to ½ inch thickness and bake for 30 minutes.
5. Once cooled completely, cut or break into pieces and transfer to an air tight container. Keeps for 1 week.

Source: <http://www.latartinegourmande.com/2011/04/07/gluten-free-nut-snack/>

