

Go nuts... Get crunching!



At breakfast

Nut butter on wholemeal toast or in smoothies. Chopped nuts scattered on porridge.

Why not try – making wholemeal pancakes with yogurt, sliced fruit and nut butter.



In a plant-based dish

Try in nut roasts, veggie burgers, pastas and salads.

Why not try – an Asian spicy noodle salad with plenty of crunchy julienne vegetables and nuts.



In a favourite recipe

Added to stir fries, stews and curries.

Why not try – an African nut stew with sweet potatoes and plenty of vegetables.



As a snack

Nut butter on rye crispbread, oatcakes or with fruit sticks. Yogurt with nuts and berries.

Why not try – keeping it simple with a handful of plain, unsalted, unsweetened nuts.

Reasons to include nuts in your diet

Source of fibre



Source of vitamins & minerals*



Plant-based protein



Walnuts are high in omega-3 fats



High in unsaturated fats



Nuts are calorie dense so be mindful of portion sizes – a handful is great!

When choosing nut butter try going for varieties without added sugar or salt.