Cooking with nuts: Every day recipes to love

NUTS FOR LIFE

Welcome

Nuts are just perfect eaten on their own, thanks to their nutty flavour and satisfying crunch. They also pair beautifully with a whole host of other foods.

In fact, nuts make every day dishes even better. Could there be a more versatile inclusion in wholesome salads, flavour-packed bowls of goodness, and sweet treats than earthy, crunchy nuts? We don't think so!

Revitalise your taste buds, and embrace the versatility of nuts, with our every day recipes. And while you're at it, notice the distinct, unique flavours of different nut types, from creamy and buttery to floral and herbaceous.

The bonus? Incorporating these tasty, nutritional powerhouses into your every day cooking is an easy way to reach your daily 30g target of nuts!

Enjoy!

THE NUTS FOR LIFE TEAM

Pine nut-crusted salmon with freekeh tabouli & garlic yoghurt

4 serves

30 mins

A wholesome, flavour-filled week night dinner

Almonds
Pine nuts
23g/serve

Ingredients

- 4 x 120g salmon fillets, skin off
- 100g freekeh
- 2 garlic cloves, finely grated
- 1 cup panko breadcrumbs
- ¼ cup parmesan
- ½ cup pine nuts, roughly chopped
- 1 bunch parsley, leaves picked and stems finely chopped
- 1 lemon, zested and juiced
- Pinch of salt
- 2 tbsp olive oil
- ½ bunch dill, roughly chopped
- 200g baby cucumbers, halved lengthways and cut into bite-sized chunks
- ½ red onion, thinly sliced
- ¼ cup currants
- ¼ cup smoked almonds, roughly chopped
- ½ cup reduced-fat Greek yoghurt

Method

1. Preheat oven to 160°C. Line a baking tray with baking paper. Arrange salmon fillets on tray.
2. Bring a large saucepan of water to the boil. Boil freekeh for 15-18 minutes or until tender. Drain, transfer to a large bowl and set aside to cool slightly.
3. In a small bowl, mix together 1 grated garlic clove, breadcrumbs, parmesan, pine nuts, parsley stems, lemon zest and a pinch of salt. Add 1 tbsp olive oil to bring crumb mixture together.
4. Generously top salmon fillets with the crumb mixture and gently press into place. Place into oven and bake for 10-12 minutes or until the crumb is golden.
5. Meanwhile, add parsley leaves, dill, baby cucumbers, red onion, currants, and smoked almonds to a large bowl. Add half the lemon juice, 1 tablespoon olive oil and pinch of salt. Toss to coat.
6. Stir together yoghurt, remaining grated garlic and remaining lemon juice in a small bowl.
7. Spread garlic yoghurt over a serving platter. Top with freekeh tabouli and salmon fillet.

Nutrients per serve:
Energy 3,705kJ, Protein 45g, Fat 52g (Sat fat 11g), Carbohydrate 54g, Sugars 13g, Fibre 11g, Sodium 530mg.

Tip:
Add smoked nuts to your shopping list! Using smoked nuts is a fun and interesting way to add both flavour and texture to a dish. After making this recipe, enjoy any left-over smoked nuts as a tasty, good-for-you snack.

Warm macadamia & potato salad

A modern take on an old favourite

4 serves 45 mins

Recipe with thanks to Australian Macadamias

Macadamias
15g/serve

Ingredients

Salad

- 2 tbsp olive oil
- 1 bunch Dutch style carrots, stalks removed, halved lengthways
- 1kg small baby potatoes, washed
- 100g thickly cut pancetta, diced
- ½ cup macadamias, roughly chopped
- 2-3 tbsp dill, chopped

Dressing

- ¼ cup good-quality mayonnaise
- ¼ cup sour cream
- 1 tbsp grainy mustard

Nutrients per serve:
Energy 2,559kJ, Protein 12g, Fat 44g (Sat fat 10g), Carbohydrate 38g, Sugars 4g, Fibre 8g, Sodium 585mg.

Method

1. Preheat oven to 180°C.
2. Evenly drizzle 1½ tablespoons of the olive oil over the base of a baking dish. Place carrots over the oil, cut side down and bake for 30 minutes, or until cooked and caramelised.
3. Remove from the oven, allow to cool slightly, and cut into small pieces.
4. Meanwhile, place the potatoes in a large saucepan and cover with water. Bring to the boil and boil gently for 15 minutes or until they're cooked.
5. While the potatoes are cooking, heat the remaining olive oil in a frying pan. Add the pancetta and macadamias and cook, stirring occasionally, over a medium heat, until the pancetta and macadamias are golden (about 7 minutes). Drain on paper towel and set aside.
6. Combine all the dressing ingredients in a small bowl and season to taste with salt and pepper. Set aside.
7. Strain the hot potatoes well, and place in a serving bowl.
8. Coarsely halve each potato using a knife and fork. Stir through the carrots, pancetta and macadamias, and the dill.
9. Gently stir through the dressing, season with extra salt and pepper and serve immediately.

Did you know?
Adding macadamias to this warm potato salad means every bite is infused with their buttery flavour and delectable crunch, plus a dose of heart-healthy monounsaturated fats, fibre and antioxidants.

Haloumi salad with radicchio, pear, Brazil nuts & walnuts

4 serves 30 mins

Ditch the boring salad for this colourful creation

Brazil nuts
Walnuts
15g/serve

Ingredients

- ¼ cup balsamic vinegar
- 2 tbsp honey
- 1 tbsp olive oil
- 180g haloumi, sliced into ½ cm thick slices
- 2 green pears, thinly sliced
- 2 ½ cups rocket
- 1 cup radicchio leaves, torn apart
- ¼ cup roasted Brazil nuts, roughly chopped
- ¼ cup roasted walnuts, roughly chopped
- Juice of half a lemon

Method

1. Combine balsamic vinegar and honey in a small saucepan. Cook over medium heat until it boils and reduces slightly. Remove from heat and set aside to cool and thicken.
2. Heat oil in a large frying pan over medium heat. Add haloumi and cook for 4-5 minutes on each side or until golden and melted.
3. Meanwhile, combine pears, 2 cups rocket, radicchio, half the Brazil nuts and half the walnuts in a large bowl. Squeeze lemon juice over salad and toss to coat
4. Lay salad onto a serving plate and top with haloumi and remaining nuts. Drizzle over balsamic glaze and top with remaining rocket.

Nutrients per serve:
Energy 1,725kJ, Protein 14g, Fat 25g (Sat fat 8g), Carbohydrate 21g, Sugars 27g, Fibre 6g, Sodium 1,360mg.

Tip:
For the best results, leave your haloumi to cook low and slow! That way, you'll get a beautiful golden crunch on the outside and a gooey interior.

Cabbage & chestnut dumplings with peanut hoisin sauce

4 serves 30 mins

A fresh, light dinner that's ready in 30 minutes

Chestnuts
30g/serve

Ingredients

Dumplings

- 1 cup roasted chestnuts, with skin removed, roughly chopped
- 100g wombok (cabbage), green part only, finely shredded
- 1 thumb-sized piece of ginger, finely grated
- 4 spring onions, green parts, finely sliced
- 1 tbsp reduced-salt soy sauce
- 1 tsp sesame oil
- ¼ tsp ground white petter
- 30 gow gee wrappers
- 1 tbsp olive oil

Peanut hoisin sauce

- ¼ cup peanut butter
- 2 tbsp roasted peanuts, roughly chopped
- ¼ cup hoisin sauce
- 4 garlic cloves, minced

Method

1. Combine chestnuts, wombok, ginger, green parts of the spring onion, soy sauce, sesame oil and white pepper in a large bowl and mix well. You're aiming for a wet, 'mince' like consistency.
2. Working with one dumpling wrapper at a time, place two teaspoons of filling in the centre. Lightly brush edge with water, then fold over the wrapper. Press along the edge to seal well. Repeat the process with the remaining wrappers and filling.
3. Heat one tablespoon of oil in a large frying pan over medium heat. Working in batches, add dumplings, base side down, and cook for 2-3 minutes or until golden brown. Add a dash of water to the pan and quickly cover with a tight-fitting lid. Steam the dumplings for another 2-3 minutes or until cooked through. Remove the lid and continue to cook until excess water has evaporated. Remove dumplings from the pan and keep warm while cooking the remainder.
4. To make the sauce, combine peanut butter, peanuts, hoisin sauce and minced garlic in a small saucepan and warm over medium heat. Stir to combine.
5. Serve dumplings warm, alongside dipping sauce.

Nutrients per serve:
Energy 1,906kJ, Protein 10g, Fat 20g (Sat fat 3g), Carbohydrate 56g, Sugars 11g, Fibre 8g, Sodium 770mg.

Did you know?
Chestnuts have a soft, spongy texture which makes them a handy substitute for mince. Plus, they absorb flavours well, making them perfect for Asian-style dishes with aromatic ingredients.

Thai sweet potato & beef salad

Flavour-packed salad magic

4 serves

30 mins

Peanuts
Cashews
15g/serve

Ingredients

- Juice of 1 lemon
- 1 tbsp fish sauce
- 1 ½ tbsp brown sugar
- 1 long red chilli, thinly sliced
- 1 tbsp olive oil
- 2 x 200g porterhouse steaks
- 1 medium sweet potato, diced into 1.5cm pieces
- 350g green beans, topped and tailed
- 1 punnet cherry tomatoes, halved
- 2 cups bean sprouts
- 3 spring onions, thinly sliced
- ½ bunch mint, leaves picked
- ½ bunch coriander, leaves picked
- ¼ cup peanuts, roasted, unsalted
- ¼ cup cashews, roasted, unsalted

Method

1. To make the dressing, combine lemon juice, fish sauce, sugar and chilli in a small bowl. Stir until the sugar has dissolved. Set aside.
2. Heat oil in a large frying pan over medium-high heat. Add steak and cook for 3-4 minutes each side or until golden brown and cooked to your liking. Remove steaks from the pan and set aside to rest before slicing.
3. Return pan to the heat. Add sweet potato and cook for 3-4 minutes or until golden and tender. Add beans and cook for a further 1-2 minutes or until slightly charred. If necessary, add a splash of water to assist cooking. Transfer to a large bowl and allow to cool slightly.
4. To the bowl with sweet potato and beans, add cherry tomatoes, bean sprouts, spring onion, mint, coriander, half the nuts and dressing. Toss to coat
5. Divide salad between serving bowls. Top with sliced beef and garnish with the remaining peanuts and cashews.

Nutrients per serve:
Energy 1,860kJ, Protein 31g, Fat18g (Sat fat 4g), Carbohydrate 33g, Sugars 14g, Fibre 9g, Sodium 580mg.

Did you know?
Among all the ingredients in this tasty creation are peanuts - a top nut source of plant protein (with 7g protein/30g handful), to help keep you satisfied for longer.

Nectarine & roasted walnut salad

A fresh, light lunch with earthy flavours and an oh-so-crunchy texture!

6 serves

25 mins

Recipe with thanks to @walnutsaustralia and Gather & Feast's Ashley Alexander

Walnuts
13g/serve

Ingredients

- ¾ cup Australian walnuts
- 4 large handfuls of mixed lettuce leaves
- 1 small bunch fresh basil leaves
- 1 small bunch fresh mint leaves
- 1 small bunch fresh chives, roughly chopped
- 6 fresh nectarines, pitted & sliced into eighths
- 120g goats' cheese
- Aleppo pepper flakes or chili flakes
- Extra virgin olive oil
- Balsamic vinegar
- Freshly-cracked black pepper

Method

1. Place a fry pan onto medium heat. Add the walnuts, a little drizzle of olive oil, a sprinkle of sea salt, and toast until golden - stirring regularly so they don't burn.
2. Remove the walnuts from the heat and set aside to cool.
3. In a large serving bowl, add the lettuce leaves, basil, mint, and chives, then toss to combine. (Note: Keep aside some small basil and mint leaves to garnish the top of the salad).
4. Arrange the nectarines on top and crumble on the goats' cheese, then sprinkle over half of the toasted walnuts.
5. Roughly chop the remaining walnuts and sprinkle over the top along with the small basil and mint leaves.
6. Just before serving, drizzle with extra virgin olive oil and balsamic vinegar, then sprinkle with Aleppo pepper or chili flakes and some freshly cracked pepper.

Nutrients per serve:
Energy 1,009kJ, Protein 8g, Fat16g (Sat fat 3g), Carbohydrate 14g, Sugars 13g, Fibre 7g, Sodium 109mg.

Did you know?
Aussie-grown walnuts are stored in their shells and freshly cracked to order. For a delicious eating experience, look for home-grown Aussie walnuts.

Pistachio dukkah-crusted snapper with avocado, strawberry & macadamia salad

4 serves 40 mins

A week-night dish you'll want on repeat

Pistachios
Macadamias
20g/serve

Ingredients

Fish
- 4 x 180g snapper fillets
- 2 tbsp extra virgin olive oil

Pistachio dukkah
- ½ cup (60g) pistachios, shelled
- ¼ cup (35g) sesame seeds
- 2 tbsp coriander seeds
- 2 tbsp cumin seeds
- 2 tbsp fennel seeds
- ½ tsp sumac
- ½ tsp cayenne pepper
- 1 tsp salt

Salad
- 120g spinach, washed and dried
- 250g punnet strawberries, hulled and quartered
- ½ cup (60g) macadamia nuts, roughly chopped
- 1 avocado, cut into small cubes

Dressing
- 3 tbsp extra virgin olive oil
- 3 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- Salt and pepper to taste

Method

1. Toast the pistachios in a small pan over low heat for 2-3 minutes, stirring frequently. Transfer to a bowl to cool.
2. Add the remaining dukkah ingredients to the pan, and stir frequently for 2-3 minutes.
3. Transfer the dukkah ingredients and the toasted pistachios to a blender and blitz until coarse. Alternatively, use a mortar and pestle to achieve the same outcome. Remove and set aside.
4. Add spinach, strawberries, macadamias and avocado to a large salad bowl.
5. To make the dressing, add oil, white wine vinegar, mustard, and seasoning to a jar, secure the lid tightly, and shake well. Set aside.
6. Pat the snapper fillets dry with a paper towel. Score the skin with a sharp knife, making small parallel cuts to penetrate the skin but not the flesh.
7. Liberally sprinkle salt over the skin and leave for 10 minutes. Remove salt and blot dry with a paper towel. This step draws moisture out of the skin, ensuring crispy skin.
8. Coat the snapper fillets (flesh side) in the dukkah.
9. Heat oil in a large pan on medium-high heat. Place fillets into the pan, flesh side down. Cook for 4-5 minutes or until the fillet becomes golden brown, flip the fillets, and cook for another 4-5 minutes or until cooked through. Remove the fish from the pan.
10. Drizzle dressing over the salad and toss to combine.

Nutrients per serve:
Energy 2,650kJ, Protein 52g, Fat 41g (Sat fat 5g), Carbohydrate 7g, Sugars 5g, Fibre 7g, Sodium 450mg.

Tip:
Add a serve of nuts (a handful, or around 30g) to boost the taste, texture and goodness of any salad (or vegetable dish, for that matter) in just moments.

Pumpkin, hazelnut & pine nut risotto

4serves 40 mins

Freezer-friendly, for leftovers you'll look forward to

Hazelnuts
Pine nuts
15g/serve

Ingredients

- ½ butternut pumpkin, peeled and grated
- 1 ¼ L reduced-salt vegetable stock
- 6 sprigs thyme
- 20g butter
- pinch of nutmeg (optional)
- 3 tbsp olive oil
- 12 sage leaves
- Pinch of salt
- 1 brown onion, finely diced
- 6 garlic cloves, thinly sliced
- 1 cup arborio rice
- 1/3 cup white wine
- 60g pecorino cheese, finely grated
- ¼ cup roasted hazelnuts, roughly chopped
- ¼ cup roasted pine nuts

Method

1. Combine pumpkin, ¼ cup stock and a pinch of thyme leaves in a medium saucepan. Cook over medium heat for 5-6 minutes or until pumpkin is soft and sweet smelling. Stir through 20g butter and nutmeg. Blitz with a stick blender or a small food processor, until smooth and creamy.
2. Meanwhile, heat olive oil in a large frying pan over medium-high heat. Cook sage for 30 seconds or until crispy. Transfer to paper towel to drain. Season with salt.
3. Warm remaining stock in a medium saucepan over medium heat.
4. Return frying pan to medium heat. Cook onion and garlic for 3-4 minutes or until soft and translucent. Add thyme sprigs and cook for 30 seconds or until fragrant. Increase heat to medium-high. Stir through rice and toast for one minute. Add wine and reduce by half. Add stock, a ladleful at a time, waiting for each addition to be absorbed before adding the next. This process will take about 15 minutes. Stir occasionally. If you run out of stock and the rice needs more cooking, use hot water.
5. Once the rice is al dente, remove thyme stems and stir through pumpkin puree and half the pecorino. Divide between serving bowls and top with sage, hazelnuts, pine nuts and remaining pecorino.

Tip:
Roasting nuts can take them from tasty to oh-so-delicious! It deepens their nutty flavour and crunchy texture. To maintain their crunch, add them just before serving.

Nutrients per serve:
Energy 2,611kJ, Protein 15g, Fat37g (Sat fat 9g), Carbohydrate 52g, Sugars 10g, Fibre 6g, Sodium 1,040mg.

Chicken one-pan bake with anchovy macadamias

4 serves 60 mins

Simple deliciousness in a single pan

Recipe with thanks to Australian Macadamias

Macadamias
15g/serve

Ingredients

- 2 tbsp olive oil, plus 1 tsp
- 6 chicken thighs, skin on and bone in
- 1 large red onion, sliced
- 8 small tomatoes, halved
- 400g tin whole tomatoes
- 10 green olives, pitted
- 1 tbsp capers
- Zest and juice of 1 lemon
- 5 sprigs fresh thyme
- 1-2 anchovies, to taste
- 3 cloves garlic, crushed
- ½ cup macadamia pieces

Method

1. Preheat oven to 180°C.
2. Heat the oil in a large cast-iron skillet and brown the chicken pieces on both sides over medium heat until golden. Set aside.
3. Drain all but 1 tablespoon of the oil from the pan and return the pan to the heat. Add the onion and cook over a medium-low heat for 5-6 minutes, until softened and slightly caramelised.
4. Return the chicken to the pan. Add the remaining ingredients and cook over a medium heat for 25 minutes, occasionally turning the chicken thighs and until the tomatoes start to break apart and soften
5. Meanwhile, stir together the anchovies, garlic and extra teaspoon of olive oil so that it forms a paste. Stir in the macadamias so that they are evenly covered.
6. After 25 minutes, sprinkle the macadamias over the top of the chicken (avoid losing any in the juice) and place in the oven.
7. Bake for another 15-20 minutes, until the macadamias are golden

Nutrients per serve:
Energy 3,060kJ, Protein 42g, Fat 54g (Sat fat 12g), Carbohydrate 16g, Sugars 13g, Fibre 8g, Sodium 375mg.

Tip:
These anchovy-covered macadamias are a must for anchovy lovers! They bring an exciting element to this one-pan dish. If you're not a fan of anchovies, you can leave them out and still enjoy the buttery crunch of the macadamias.

Cashew & eggplant curry with almond flatbreads

A must-have bowl of plant-based goodness

4 serves

35 mins

Cashews
Almonds
30g/serve

Ingredients

Curry

- 2 tbsp olive oil
- 1 eggplant, diced into 1.5cm cubes
- ¼ butternut pumpkin, diced into 1.5cm cubes
- 400g tin chickpeas, drained and rinsed
- 3 shallots, thinly sliced
- 6 garlic cloves, thinly sliced
- thumb-sized piece ginger, finely chopped
- 1 long red chilli, thinly sliced
- 1 bunch coriander, stems finely chopped and leaves picked
- 2 tsp turmeric
- 400ml reduced-fat coconut cream
- 6 kaffir lime leaves
- 2 tbsp brown sugar
- 2 tbsp reduced-salt, gluten free soy sauce
- Juice of 1 lemon
- ½ cup roasted cashews, roughly chopped
- 2 cups cooked basmati rice, to serve
- 1 lime, cut into wedges, to serve

Flatbreads

- 1 cup self raising flour
- 1/2 cup reduced-fat Greek yoghurt
- 50g slivered almonds
- Pinch of salt

Method

1. Heat oil in a large frying pan over high heat. Cook eggplant and pumpkin for 2-3 minutes or until starting to soften. Add chickpeas, shallots, garlic, ginger, chilli and coriander and cook for a further 2-3 minutes or until fragrant. Stir in turmeric, then add the coconut cream.
2. Add scrunched up kaffir lime leaves, then season with brown sugar, soy sauce and lemon juice. Add cashews and ½ cup water. Simmer for 4-5 minutes or until eggplant and pumpkin are cooked through. Taste and adjust the balance of the sauce with more brown sugar, soy sauce or lemon juice if desired.
3. To make the flatbreads, combine self raising flour and Greek yoghurt together until the dough is just combined. Add in slivered almonds and a pinch of salt and knead into the dough. Divide dough into four even balls and roll each out to 1-2cm thick using a rolling pin. Cook in a fry pan over medium-high heat for 2-3 minutes or until golden brown on both sides.
4. Divide curry and rice between serving bowls. Serve topped with coriander leaves, and with almond flatbreads and lime wedges.

Nutrients per serve:
Energy 3,335kJ, Protein 24g, Fat 35g (Sat fat 11g), Carbohydrate 87g, Sugars 18g, Fibre 16g, Sodium 982mg.

Tip:
To achieve fluffy flatbreads, use self-raising flour, and let the dough rest before rolling out into rounds.

Lime & macadamia parfait

A fresh, colourful dessert that tastes as good as it looks

4 serves

15 mins (+ setting time)

Macadamias
Pine nuts
13g/serve

Ingredients

- 400g tin coconut cream
- 2 tsp vanilla bean paste
- Finely grated zest and juice of two limes
- 2 egg whites
- ⅓ cup caster sugar
- ½ cup macadamias, toasted and roughly chopped
- ½ cup pine nuts, toasted and roughly chopped
- 2 tbsp honey
- 1 cup seasonal fruit of choice, sliced
- ⅓ cup shredded coconut, toasted

Method

1. Line a 12cm x 22cm loaf pan with cling film.
2. Stir together coconut cream, vanilla and lime zest.
3. Place egg whites in a large bowl. Use electric beaters or a whisk to whip eggs to soft peaks, then slowly add the sugar, whisking all the time, until a stiff, shiny meringue is reached.
4. Use a whisk to fold egg white mixture and coconut mixtures together. Fold through macadamias and pine nuts. Spoon mixture into the loaf pan and smooth with a spatula or knife. Freeze for four hours or overnight until firm.
5. Place shredded coconut into a small saucepan over high heat. Cook, stirring, for 30 seconds or until golden and fragrant. Tip into a small bowl and wipe out the pan. Add lime juice and honey to the pan. Use the residual heat of the pan to dissolve the honey into the lime juice, then remove from heat. Pour over the sliced fruit and stir to combine.
6. Turn parfait out, remove cling film and cut into slices. Divide parfait slices between plates, top with fruit, lime syrup and toasted coconut.

Nutrients per serve:
Energy 1,944kJ, Protein 6g, Fat 39g (Sat fat 18g), Carbohydrate 24g, Sugars 24g, Fibre 3g, Sodium 31mg.

Tip:
Folding the nuts into the mixture of the parfait, rather than just sprinkling them on top, helps to elevate the texture of this frozen dessert. This ensures a thoroughly-delightful crunch in every bite!

Pumpkin & pecan brownies

A magical flavour combination!

Makes 9

45 mins

Pecans
Almonds
30g/serve

Ingredients

- 200g dark chocolate
- 3 eggs
- ¼ cup olive oil
- ¼ cup honey, plus 1 tbsp extra
- 250g pumpkin, grated
- 1 ⅓ cups (180g) almond meal
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground all-spice
- Pinch of salt (optional)
- ⅓ cup Dutch cocoa
- ¾ cup pecans, roughly chopped
- 1 orange, zested and juiced
- 6 dates, pitted and roughly chopped

Method

1. Preheat oven to 160°C. Line a 20cm square baking pan.
2. Melt chocolate in a heatproof bowl over a saucepan of simmering water. Meanwhile in a separate bowl, whisk together eggs, olive oil and ¼ cup honey.
3. Remove melted chocolate from the heat and combine with the egg mixture. Fold in the pumpkin, almond meal, cinnamon, nutmeg, allspice, pinch of salt (if using), cocoa and 1/2 cup of pecans.
4. Pour batter into the lined tin. Bake for 25-30 minutes or until an inserted skewer comes out clean. Allow the brownies to cool slightly before turning out and cutting into 9 pieces.
5. Meanwhile, add orange juice, zest and 1 tablespoon of honey into a small pot and bring to the boil. Reduce heat to a simmer and allow the juice to reduce by half. Set aside to cool.
6. In a small bowl, add dates and cooled orange syrup. Stir to combine.
7. Serve brownies topped with dates, orange syrup and remaining 1/4 cup of chopped pecans.

Nutrients per serve:
Energy 1,723kJ, Protein 8g, Fat 31g (Sat fat 8g), Carbohydrate 25g, Sugars 20g, Fibre 4g, Sodium 33mg.

Tip:
Good mood food. Nuts contain magnesium and zinc that help provide a natural pick-me-up. And at 30g nuts per serve, could there be a tastier way to get your daily target of nuts?

Hazelnut cake with pear & pistachio

6 serves

30 mins

A deliciously moist, sweet cake that's perfect for entertaining

Hazelnuts
Pistachios
35g/serve

Ingredients

- 185g hazelnuts, skin off
- 110g caster sugar
- 3 eggs
- ⅓ cup self-raising flour
- 2 large pears, thinly sliced
- ⅓ cup crème fraiche
- 1 tsp vanilla bean extract
- ¼ cup roasted pistachios, roughly chopped

Method

1. Preheat oven to 180°C (fan-forced). Grease and line four ramekins. Place on a baking tray and set aside.
2. Heat a large fry pan over medium heat. Add in hazelnuts and toast for 4-5 minutes or until golden all over and starting to become fragrant. Remove from pan and set aside to cool. Once cooled, place hazelnuts in a small food processor and pulse for 2-3 minutes or until the mixture resembles breadcrumbs.
3. In a large bowl, whisk eggs and sugar until light and fluffy. Add hazelnut meal and self-raising flour and stir through until just combined. Divide cake batter between prepared ramekins and bake for 12-15 minutes or until just cooked through. Allow to cool slightly in the ramekins before turning out.
4. In a small bowl, whip together crème fraiche and vanilla bean extract until firm peaks form.
5. Serve cakes warm with a dollop of crème fraiche, pear, and a sprinkle of chopped pistachios.

Nutrients per serve:
Energy 1,769kJ, Protein 8g, Fat 27g (Sat fat 4g), Carbohydrate 35g, Sugars 30g, Fibre 6g, Sodium 74mg.

Tip:
To easily remove the skins of roasted hazelnuts, pop them into a clean tea towel while they're still warm, and rub them together. Why not roast double the quantity of hazelnuts needed for this recipe, and use the extra nuts on top of breakfast cereal or a fruit and yoghurt snack?

Peanut butter & banana cheesecake

4 serves

10 mins

So easy to make, and even easier to eat!

Peanuts
25g/serve

Ingredients

- 2/3 cup peanuts, roughly chopped, plus 2 tbsp extra, roughly chopped
- 50g dark chocolate, roughly chopped, plus 25g extra, finely chopped
- 1 tsp cinnamon
- ⅓ cup fresh dates, pitted
- 250g reduced-fat cream cheese, softened
- 2 bananas
- 2 tbsp peanut butter
- 2 tsp vanilla bean extract

Method

1. Combine 2/3 cup peanuts, 50g chopped dark chocolate and cinnamon in a small food processer. Blitz until the texture is like crumbs. Add dates and blitz until well combined.
2. Divide mixture into four even pieces and flatten each into a round disc. Clean out the food processor.
3. Combine cream cheese, banana, peanut butter and vanilla bean extract in the food processer, and blitz until smooth.
4. Spoon or pipe cheesecake mixture evenly on top of the four peanut 'bases', and garnish with remaining dark chocolate and peanuts.

Nutrients per serve:
Energy 2,390kJ, Protein 17g, Fat 42g (Sat fat 18g), Carbohydrate 31g, Sugars 23g, Fibre 6g, Sodium 272mg.

Did you know?

With just 10 minutes prep time, this would have to be one of the easiest (not to mention, impressive!) desserts to pull together. The earthy and savoury flavours of peanuts work so well with sweet ingredients, like chocolate, fresh dates, and vanilla.

Almond, oat & apricot bars

Makes 12 | 40 mins

A no-bake snack bursting with plant-protein goodness

Recipe with thanks to Australian Almonds

Almonds
20g/serve

Ingredients

- 1 cup pitted dates
- ¼ cup almond butter (soft, heat a little if hard)
- ¼ cup honey (runny, heat a little if necessary)
- ½ cup rolled oats
- ½ cup Australian dried apricots, chopped into small pieces
- ¼ cup sultanas
- ¼ cup mix of sunflower and pepita seeds
- 2 tbsp of dark chocolate bits
- 2 tbsp shredded coconut
- 1 cup roasted or natural almonds, roughly chopped
- ¼ tsp cinnamon or other spice mix

Method

1. Line a 20cm square cake tin with baking paper.
2. In a food processor, blend the dates until they form a ball.
3. Add in the apricots and blend a little, then add the almond butter, honey, oats, seeds, chocolate, cinnamon and lastly the coconut without chopping it too much.
4. Transfer to the baking tray and press in evenly.
5. Freeze for 30 minutes or until sliceable.
6. Cut into 16 bite-size squares or 12 rectangle bars.
7. Store in the fridge in an air-tight container.

Tip:
Keep nuts tasting their best by storing them in an airtight container in the fridge or freezer. If stored in this way, almonds have a long shelf life of up to two years!

Nutrients per serve:
Energy 1,132kJ, Protein 6g, Fat 15g (Sat fat 4g), Carbohydrate 28g, Sugars 25g, Fibre 5g, Sodium 11mg.

Chestnut breakfast smoothie

2 serves 5 mins

Chestnuts add a creamy sweetness to this brekkie on-the-go

Recipe with thanks to
Chestnuts Australia

Chestnuts
75g/serve

Ingredients

- 1 cup chestnuts, cooked & peeled, plus extra to serve
- 2 cups milk of choice
- 1 cup fresh blueberries, plus extra to serve
- 1 banana
- 50g rolled oats
- 2 tbsp Greek yoghurt
- 1 tbsp honey
- Pinch of cinnamon

Method

1. Place chestnuts, blueberries, banana and rolled oats into a blender.
2. Add a splash of milk and pulse until coarsely blended.
3. Add the rest of the milk, yoghurt, honey and cinnamon.
4. Blitz for around 1 minute or until smooth. If the smoothie is too thick, add slightly more milk.
5. Serve in tall glasses garnished with extra blueberries and chopped chestnuts.

Nutrients per serve:
Energy 1,132kJ, Protein 6g, Fat 15g (Sat fat 4g), Carbohydrate 28g, Sugars 25g, Fibre 5g, Sodium 11mg.

Did you know?
Fresh Australian chestnuts are in season from March to July. But to enjoy them all year long, simply prepare, cook, and peel chestnuts, then put them in a container or snap-lock bag in the freezer. They'll be ready whenever you need them, to use in soups, stews, ice cream or smoothies!

Roasted walnut & maple-spiced protein balls

Makes 12 | 30 mins

The perfect pick-me-up to tide you through to dinner

Recipe with thanks to @walnutsaustralia and Gather & Feast's Ashley Alexander

Walnuts
13g/serve

Ingredients

- 2 ½ cups Australian walnuts
- 1 ½ cups rolled oats
- ½ cup shredded or desiccated coconut
- ¼ cup coconut flour
- ¼ cup pure maple syrup
- 150g (roughly 10) pitted medjool dates OR 150g pitted cooking dates soaked in hot water for 10 minutes, then drained
- 1 tbs vanilla bean paste or extract
- 1 ½ tsp ground cinnamon
- 1 tsp sea salt
- Ground clove for sprinkling
- Desiccated coconut for rolling (optional)
- Additional walnuts, crushed finely for rolling (optional)

Method

1. Place the walnuts onto a paper-lined baking tray and bake at 170C for 10-15 minutes, stirring the walnuts halfway through the baking time. Remove the walnuts from the oven and set aside to cool.
2. In a food processor add 1½ cups of the roasted walnuts and blend until a paste forms.
3. Add the remaining walnuts, oats, coconut, dates, maple syrup, cinnamon, and sea salt, and blend until combined and the mixture forms a smooth ball in the food processor.
4. Add the coconut flour and blend until combined.
5. Scoop and form the mixture into tablespoon-sized balls and place onto a paper-lined tray.
6. Sprinkle a little ground clove over the rolled balls, then roll in desiccated coconut or finely crushed walnuts (optional).
7. Place the tray of protein balls into the freezer for a couple of hours or overnight to set.
8. Store in the freezer or fridge in an airtight container, and enjoy straight from the freezer or fridge for the ultimate chewy texture.

Nutrients per serve:
Energy 732kJ, Protein 3g, Fat 12g (Sat fat 3g), Carbohydrate 13g, Sugars 8g, Fibre 3g, Sodium 125mg.

Did you know?
The combination of protein, fibre and healthy fats will help keep you fuller for longer. Plus, you'll get a healthy dose of plant-based omega-3 fats, thanks to the walnuts.

Enjoy a healthy handful of nuts every day

More delicious, good-for-you recipes at www.nutsforlife.com.au

This recipe e-booklet was produced by Nuts for Life, with thanks to our contributor organisations, Sprout Food Group and Joel Feren for recipe development.

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