

What does a 30g serve of Nuts look like?



20
almonds

2 tablespoons
pine nuts



15
cashews



10
Brazil nuts



*A healthy
handful of nuts
each day
supports good
health!*

15
macadamias



30
pistachio
kernels

15
pecans



20
hazelnuts



10 whole walnuts
or 20 walnut halves



4
chestnuts



All nuts
and seeds
are raw and
unsalted.



Nut & seed flat bread

½ cup walnuts (50g)
½ cup almonds (85g)
¼ cup pistachios (45g)
½ cup Brazil nuts (80g)
½ cup sunflower seeds (70g)
1 cup water (250ml)
¼ cup flaxseed meal (35g)
2 tbsp olive oil (40ml)
½ tsp sea salt

SERVES 10

1. Preheat oven to 170°C. Line a large flat tray with baking paper.
2. Pulse nuts and seeds briefly in a food processor to finely chop.
3. In a large bowl combine the nut mixture with all remaining ingredients and stir well to create a sticky dough.
4. Use lightly oiled hands to press the mixture into an even layer, approximately 1cm thick, over the prepared tray. Bake 30–40 minutes, until golden on the edges and firm to the touch. Cool completely, then cut into pieces.

Nutrient content per serve (26g nuts/serve)

Energy 1092kJ, Protein 7g, Fat 25g (Saturated fat 3g),
Carbohydrate 2g, Sugars 1.1g, Fibre 3.3g, Sodium 76.5mg

A healthy handful of
nuts each day supports
good health

- Reduces your risk of heart disease
- Maintains a healthy weight
- Reduces your risk of diabetes

For further information on nuts and health refer to
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Go Nuts for Life
Go Nuts for Health

