






California Walnuts

FOR THE BEST SIMPLE SNACKS EVER

For wholesome snacks your family will love, blend in the flavor, texture and heart-healthy* goodness of great tasting California walnuts. For these recipes and more, visit Walnuts.org   



So Simple. So Good.™



Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

Fiery Hot Cheddar Walnuts



Walnut Energy Bars



Toasted Walnut Hummus

