



GRAB A  
**handful** *of*  
**nutrition**

SIMPLE, NUTRITIOUS CALIFORNIA WALNUT SNACK IDEAS



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SIMPLE, NUTRITIOUS  
CALIFORNIA WALNUT  
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Some say a large degree of happiness depends on a steady supply of snacks. So how about a handful of walnuts containing many important nutrients to keep you fueled up and ready to go? Seasoned to be savory, sweetened with spices, or mixed in to create an all new simple snack, they'll satisfy just about any craving, any time of day.



# WHY walnuts

- ▶ Just a handful (one ounce) of California walnuts provides natural, wholesome, plant-based nutrition. In fact, it's the only nut to offer an excellent source of omega-3 ALA (2.5 grams per ounce). California Walnuts are also certified as heart healthy\* by the American Heart Association®. Whether you're enjoying a handful of raw walnuts or making one of these simple recipes, you can feel good about what you're snacking on.

\* Heart-Check certification does not apply to recipes or information unless expressly stated. 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 offers 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.





▼  
Need a snack to help you power through a hectic work day, a vigorous workout, or chasing down your toddlers? We've got you covered. Inside you'll find six quick and simple, sweet and savory snacking options, all featuring flavorful, nutritious California walnuts.

For more snacking inspiration visit  
[walnuts.org/snacking](http://walnuts.org/snacking).

WAYS TO  
**snack**

# did you know?

Store walnuts in an airtight container. If you're planning to use your walnuts right away, the best way to store them is in the refrigerator. If you want to keep them fresh for a month or longer, store them in the freezer.

## FUN FACTS

- ▶ Turns out our snacking preferences are **rooted in our DNA**.

- ▶ **60%** of snackers eat to satisfy a craving.

And unlike other snacks, walnuts are versatile enough to gratify salty and sweet cravings.



coated with  
**sweet & spicy** Carolina BBQ spices

# Carolina BBQ Walnuts

TOTAL TIME: **15 Mins**    SERVES: **8**



## Ingredients

- 2 C California walnuts, slightly heaping (½ lb)
- 2 Tbsp Olive oil
- 4 tsp BBQ seasoning
- 2 tsp Brown sugar
- 2 tsp Paprika, smoked
- 1½ tsp Onion powder
- 1 tsp Garlic salt
- ¼ tsp Cayenne pepper

## Preparation

Preheat oven to 350°F. Stir together walnuts and oil in a medium bowl.

Stir together remaining ingredients in a small bowl then sprinkle over walnuts. Toss well to coat evenly.

Spread on a parchment-lined baking sheet and bake for 10 minutes. Let cool completely then store in an airtight container.

SCAN FOR MORE  
SEASONED WALNUTS  
RECIPES ▶





citrusy, nutty hummus  
makes a **great dip**  
& spread



Walnut Hummus

Trail Mix

Bliss Balls

Suffed Peppers

Walnut Butter

# Toasted Walnut Hummus

TOTAL TIME: **13 Mins**    SERVES: **8**



## Ingredients

- ½ C California walnuts
- 3 Tbsp Walnut oil
- 1 Garlic clove, quartered
- 1 Can Chickpeas or garbanzo beans, drained and rinsed (14 oz)
- ½ tsp Orange zest
- ¼ C Orange juice
- 1 tsp Salt
- ¼ tsp Black pepper

## Preparation

Toast walnuts in 350°F oven for 8 minutes or until golden brown. Cool to room temperature.

Combine toasted walnuts with oil and garlic and purée in food processor or blender until smooth.

Add chickpeas, orange zest, orange juice, salt and pepper and continue to blend to an even, smooth consistency. Adjust seasoning if necessary.

Serve hummus in small bowl alongside toasted pita bread or with a variety of colorful raw vegetables.

SCAN FOR MORE  
HUMMUS RECIPES ▶





a **sweet** take  
on your **favorite** trail mix

Trail Mix

Bliss Balls

Suffed Peppers

Walnut Butter

# Vanilla Walnut Berry Trail Mix

TOTAL TIME: **20 Mins**    SERVES: **8**



## Ingredients

- 2 Tbsp Butter
- 2 tsp Vanilla extract
- 2 Tbsp Sugar
- 2 C California walnuts,  
halves and pieces
- 1 C Raisins, yogurt or  
chocolate covered  
(Or 2 cups of yogurt-  
covered pretzels)
- ¾ C Pumpkin seeds,  
raw
- 2 C Strawberries,  
blueberries, peaches  
or mango (or a  
mixture), freeze-dried

## Preparation

Melt butter in a medium skillet over medium heat. Swirl in vanilla and sugar, then add walnuts. Cook, stirring frequently, for 5 minutes or until toasted. Let cool completely.

Add raisins and pumpkin seeds to walnuts and toss well to mix. Add fruit and toss gently.

Store in an airtight container.

SCAN FOR MORE  
TRAIL MIX RECIPES ▶





the name doesn't lie:  
this recipe is **pure bliss**

Bliss Balls

Stuffed Peppers

Walnut Butter

# Walnut Chocolate Bliss Balls

TOTAL TIME: **30 Mins**    SERVES: **16**



## Ingredients

- 2 C California walnuts
  - 2 Tbsp Coconut flakes, unsweetened
  - 1 Tbsp Cocoa powder, unsweetened
  - 1 Tbsp Pure maple syrup
  - ½ Tbsp Coconut oil
  - ½ Tbsp Vanilla Extract
  - 10 Medjool dates, pitted
- Unsweetened coconut flakes and unsweetened cocoa powder (optional coating)

## Preparation

Place walnuts in a food processor and pulse until finely chopped.

Add coconut, cocoa powder, maple syrup, coconut oil, vanilla and dates; pulse again until mixture forms a thick paste. (Don't process too long or mixture will become too sticky.)

Roll into 16 equal balls, then roll in additional coconut or cocoa powder if desired. Store in the refrigerator or freezer until ready to serve.



prep this **simple & easy**  
snack ahead to keep you fueled all day

# Herbed Cheese & Walnut Stuffed Mini Peppers

TOTAL TIME: **10 Mins**    SERVES: **4**



## Ingredients

- 1 C Cottage cheese,  
2% milkfat
- ½ C California walnuts,  
chopped
- 2 Tbsp Italian seasoning
- ⅛ tsp Salt
- 8 Sweet peppers,  
mini, sliced in half  
lengthwise

## Preparation

Combine cottage cheese, walnuts, Italian seasoning, and salt in a bowl.

Fill each pepper with cottage cheese mixture.

Serve immediately or store in an airtight container in the fridge until ready to eat. These are best enjoyed with 24 hours of preparation.



naturally sweetened walnut butter  
makes a **great spread**  
or **addition** to smoothies  
and oatmeal



# Honey Walnut Butter

TOTAL TIME: **25 Mins**    SERVES: **8**



## Ingredients

- 2 C California walnuts
- 1 Tbsp Honey
- 1 tsp Cinnamon
- 1½ tsp Vanilla extract
- 1 tsp Walnut or vegetable oil (or as needed)

Salt to taste

## Preparation

Preheat oven to 300°F. Place walnuts on a small baking sheet and toast for 10 minutes; let cool.

Transfer to a food processor and process until a thick paste forms. Add remaining ingredients and process until smooth.

SCAN FOR MORE  
WALNUT BUTTER  
RECIPES ▶





FOR MORE RECIPES AND INSPIRATION VISIT  
[WALNUTS.ORG](http://WALNUTS.ORG)