



The Goodness of Nuts



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Nut Butters

Easy & versatile



Nut Butters
Rich in good fats



Choose your nuts...

Almonds: protein, calcium, vitamin E

Brazil nuts: fibre, selenium

Cashews: plant-based iron; low GI rating

Chestnuts: low GI, fibre, vitamin C

Hazelnuts: fibre, potassium, folate, vitamin E

Choose your nuts...

Macadamias: monounsaturated fats, thiamine, manganese

Pecans: fibre, antioxidants

Pine nuts: vitamin E, arginine amino acid

Pistachios: protein, potassium, plant sterols, resveratrol

Walnuts: alpha linoleic acid: plant omega 3 & antioxidants





Make your own pesto





Nut butter snacks





Nut butter treats







Nut butter dressings

Heart-healthy nutrients





Celebrate with nuts



Go Nuts with Denise!

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