



## Nuts: Nutritious Recipes with Nuts from Salty or Spicy to Sweet (Hardback)

By -

Parragon, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Nuts are packed with nutrition. They are full of the protein, fibre, vitamins, minerals and healthy fats that help you curb your appetite, protect against heart disease, lower cholesterol and reduce your risk of developing cancer. Every nut has its own nutritional package, and with so many types - from walnuts and pecans to pine nuts and brazils - the combinations are endless. Some recipes included in this book are Spicy Peanut Soup, Zucchini Walnut Rolls, Chia Seed Pistachio Breakfast Pudding, Goji, Mango Pistachio Popcorn Slices and delicious Roasted Almond Ginger Butter. These recipes demonstrate ingenious ways of incorporating nuts into every part of the day. You ll see them ground into flours or butters, tossed into salads, stirred into cookie dough, baked into muffins and cakes, and sprinkled over ice cream, yogurt and oatmeal. So come on, embrace this health-boosting superfood and delight your palate.



[READ ONLINE](#)  
[ 2.64 MB ]

### Reviews

*I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.*

*-- Merritt Kilback II*

*Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*-- Angela Blick*