

NUTS ABOUT NUTS!



CHICKEN SALAD

- 3 cups cooked, canned chicken
- 1 cup dried cranberries
- 1/2 cup pistachios, coarsely chopped
- 1/2 cup celery, finely diced
- 1 tbsp garlic powder
- 2/3 cup mayonnaise
- 1/3 cup plain Greek yogurt
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1/2 teaspoon ground ginger
- 1/2 teaspoon dried thyme
- Salt and pepper, to taste
- 1/4 cup fresh chopped parsley

- In a large bowl, toss together the chicken, cranberries, pistachios, celery, and garlic.
- In a small bowl, whisk together the mayonnaise, yogurt, sugar, lemon juice, ginger and thyme until smooth.
- Add milk, as needed, to reach desired consistency.
- Add mayonnaise mixture to salad and stir to combine. Season with salt and pepper, to taste. Stir in fresh parsley.
- Serve on lettuce leaves, or in croissants or sandwich buns.
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(Recipe link: <https://letsdishrecipes.com/cranberry-pistachio-chicken-salad/>)

Nutrition

- Per 1/4 cup serving:
- 165kcal
- 4g protein
- 16g fat
- 4g carbohydrates
- 3g fiber
- 0g sugar
- Unsaturated fat
- ALA omega 3 fatty acids
- Folic acid
- Magnesium
- Potassium
- Calcium
- Phosphorus

Health Benefits!

- Prevent stroke & cardiovascular disease.
- Protect against Alzheimer's & Dementia.
- Lowers LDL cholesterol & triglycerides in the blood.

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ALMOND BUTTER

- 16oz (3 cups) roasted almonds
- ¼ tsp salt

- Transfer almonds to a high-speed blender or food processor. Blend until creamy, pausing to scrape down the sides as necessary. The almonds will go from flour-like clumps, to a ball against the side of the food processor (keep scraping down the sides and breaking up the ball), and finally, it will turn lusciously creamy. If the mixture gets crazy hot along the way, stop and let it cool for a few minutes.
- Once the almond butter is very smooth and creamy, add the salt and blend until creamy.
- Let the almond butter cool to room temperature, then transfer the mixture to a mason jar and screw on the lid. Store in the refrigerator for up to 2 weeks, or until you see or smell any signs of spoilage.

(Recipe link: <https://cookieandkate.com/homemade-almond-butter-recipe/>)

GRANOLA



- 1/2 cup (127g) creamy peanut butter
- 2 tablespoons (53g) honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon fine sea salt
- 1 cup (104g) old-fashioned oats
- 1/4 cup (26g) oat flour (blend regular oats in a blender)
- 1/4 cup (9g) Rice Krispies cereal
- 3/4 cup mix-ins of choice (I used 1/4 cup slivered almonds (25g) 1/4 cup dried cranberries (34g), and 1/4 cup chocolate chips (42g))

- Warm Peanut Butter and Honey: In a small microwave-safe bowl combine the peanut butter and honey. Microwave for 30 seconds and then stir until smooth.
- Add remaining ingredients : Add in all the other ingredients except for the mix-ins. Mix until combined. It's thick and messy at first, but just keep stirring until a good consistency is formed. You may need to lightly knead the mixture with your hands and then crumble to form granola crumbles.
- Mix-ins: Add in any mix-ins of choice and stir through and then crumble the granola.
- Storage: Store in an airtight container in a dry, cool place for up to a week. We do like it best within 1-2 days.

(Recipe link: <https://www.chelseasmessyapron.com/no-bake-easy-granola/>)