

Start Your Day With A Powerful Blend Of Colorful Fruits And Walnuts

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(NAPSA)—Fruit smoothies are an easy and delicious way to start the day, especially when you make them with California walnuts. Wal-



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nuts add a delightful crunch and a powerful array of nutrients to this Walnut Sunrise Power Blend smoothie. Frozen fruits, banana, nonfat yogurt, honey and walnuts are tossed

into the blender and in seconds you're ready to go with an energy and nutrient-packed drink to start the day.

California walnuts are versatile, nutritionally unique among nuts, and high in antioxidants. They contain primarily "good" fat (polyunsaturated fat) and they are a source of omega-3 fatty acids. Mounting scientific evidence suggests that omega-3 fatty acids lower cholesterol and protect the heart.

New dietary recommendations suggest people consume two types of polyunsaturated fatty acids every day: 1.6 grams of alpha-linolenic acid (an omega-3 fatty acid) and 1.1 grams of linoleic acid (an omega-6 fatty acid). One ounce of walnuts, a small handful, contains 2.5 grams of alpha-linolenic acid and easily satisfies the recommendation.

Many recipes call for toasting California walnuts, which heightens their taste. To toast, place walnuts on a baking sheet in a 375°F oven for 8 to 10 minutes. To toast in a microwave oven, spread walnuts evenly on a glass pie plate and microwave on high for 5 to 6 minutes, stirring every 2 minutes. California walnuts can be great additions to salads, pasta, cereal and yogurt, or they can simply be enjoyed as a snack that gives an energy-and-nutrition boost.

For more information on walnuts and a variety of recipes, visit www.walnuts.org. For information



Add color and crunch to your day with Walnut Sunrise Power Blend.

about eating a colorful variety of fruits and vegetables each day, visit www.5aday.com.

Walnut Sunrise Power Blend

- 1½ cups frozen or fresh strawberries, halved
- 2 ripe peaches, pitted and quartered, or 2 frozen peaches, sliced or an additional cup of strawberry halves
- 1 small banana
- 1 cup nonfat yogurt
- ½ cup low fat milk
- 2 tablespoons honey
- ¼ cup chopped California walnuts

Put all the ingredients in a blender and blend until smooth and frothy. Makes about 2½ cups or 2 servings; 1 serving equals 1¼ cups and contains ½ oz. of walnuts. Serve with a slice of toasted whole wheat bread and your favorite jam for a "get up and go" breakfast.

Nutritional information per serving—calories: 363, total fat: 11 g, saturated fat: 1.6 g, percent of calories from fat: 27%, protein: 13 g, carbohydrates: 58 g, cholesterol: 6mg, dietary fiber: 7 g, sodium: 118 mg.