

Power Up—Go Nuts For Breakfast

(NAPSA)—Coffee cakes. Marzipan. Strudel. Walnut brownies. Pecan pie. When you think about the delicious crunch of nuts, desserts often come to mind. So what about nuts for breakfast? Don't think so? Nut so fast!

First of all, like a good breakfast, nuts are part of a healthy diet. Nuts are an important source of fiber and they are loaded with essential minerals and vitamins—especially the antioxidant vitamin E. Nuts contain the amino acids necessary for normal growth and development. Nuts are also an essential part of a healthful, flavorful Mediterranean diet and walnuts are loaded with far more heart-healthy omega-3 oil than comparable servings of salmon, leafy greens or tofu.

But nuts for breakfast? Diamond of California, the leading brand of culinary and inshell nuts in the United States, suggests you start with something simple, such as breakfast cereal. Adding nuts to your favorite hot or cold cereal brand is a fine way to increase the crunch—nuts never get soggy. If you prefer to mix your own cereal, chopped walnuts and pecans, together with sliced almonds, are the heart of the classic Swiss breakfast: muesli.

Another simple treat: Sprinkle nuts on French toast or over fresh fruit. Toasted slivered almonds can even add some character to a fruit smoothie. Or you can make your own homemade almond butter. It's easy to do with a food processor. Spread it on toast or breakfast bagels—the creamy texture alone can brighten the rest of your day. Nuts are also a key



For a hearty breakfast, nuts can help you make the most of your cereal.

ingredient in breakfast baking, from banana nut bread to cranberry nut muffins.

For Sunday mornings with more time to spare, nuts can transform ordinary breakfast fare into memorable occasions. Diamond suggests walnut-butter-milk pancakes, pecan waffles and apple-almond gratin.

What if you are one of the many Americans with no time for breakfast? One healthy alternative: Put together a delicious trail mix of nuts and raisins that you can eat later. The office may not match the woods for this on-the-go treat but the taste sensation will still remind you of the great outdoors.

For nut-rich recipes from Diamond of California, visit the Recipe Box at diamondnuts.com. The "On the Go" recipe booklet, which can be downloaded from the Web site, is packed with quick-to-prepare recipes for busy people—including Cherry Chocolate Granola Squares and Nutty Morning Muesli, two nutty, make-ahead breakfast treats.