



Delightful Food Ideas

“Berry Nut-ritious” Muffins

(NAPSA)—The delectable walnut ranks as one of the most widely consumed nuts in the world. California produces the highest-quality English walnuts in the world; its crop accounts for 98 percent of the U.S. market and approximately 40 percent of the world market. Walnuts are full of healthy benefits: They are a great source of protein and fiber and contain significant amounts of thiamine, vitamin B6, folacin and vitamin E. Other mineral value comes from iron, zinc, copper, magnesium, phosphorus and potassium. In addition, walnuts are rich sources of antioxidants and their high percentage of omega-3 fatty acids helps make walnuts “heart-friendly.”

Here’s one nutritious way to enjoy walnuts:

Berry-Walnut Muffins

Ingredients:

- ½ cup plus 2 tablespoons
Diamond Chopped Walnuts
- 2 cups flour
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup buttermilk
- ¾ cup packed light brown
sugar
- ½ cup unsalted butter, melted
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup fresh or unsweetened
frozen raspberries,
blackberries or blueberries

Directions:

Preheat oven to 350°. Spread walnuts on a baking sheet or in a shallow pan. Bake, stirring once or twice, until lightly browned and fragrant, 5 to 10 minutes. Let cool. Leave oven set at 350°. Line 14 to 16 (2½-inch) muffin cups with paper



Marvelous muffins made with walnuts can be nutritious as well as delicious.

baking cups or coat with vegetable oil spray.

In a large bowl, whisk together flour, baking powder, baking soda and salt. In another large bowl, whisk together buttermilk, brown sugar, butter, eggs and vanilla. Stir berries and ½ cup of the toasted walnuts into buttermilk mixture, then stir in flour mixture just until dry ingredients are moistened (do not overmix). Spoon batter into muffin cups, filling each about three-fourths full. Sprinkle muffin tops evenly with remaining 2 tablespoons walnuts. Bake until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes. Cool 5 minutes in the pans, then transfer to a wire rack. Serve slightly warm or at room temperature.

Yields 14 to 16 muffins

This recipe comes from Diamond of California, the most popular brand of nuts for year-round meal preparation, baking and natural snacking, making it easy to add wholesome, versatile nuts to your daily menu without ever getting bored.