



Nuts: nature's every day gluten free snack food

While tree nuts are enjoyed for their incredible flavours and superior health benefits, they are also naturally gluten free, making them the ideal snack or ingredient for the one in every 100 Australians that are gluten intolerant.¹

People with Coeliac disease have a permanent intestinal intolerance to gluten, a protein found in wheat, rye, barley, triticale and oats.¹ An auto-immune disease, Coeliac disease causes the body to mistakenly produce antibodies that lead to tissue damage when gluten is consumed.² This results in the structure of intestines changing from looking like a shag pile carpet to a thread bare carpet, and being unable to absorb nutrients well, so a lifelong gluten free diet is required.

While a gluten free lifestyle may initially seem overwhelming, becoming ingredient conscious will ensure those with the condition can make the best choices in the supermarket keeping taste buds happy without compromising nutrient intake.

All tree nuts (almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts) are naturally gluten free, opening up a delicious and nutritious new world for people following a gluten free diet. Not only are they extremely versatile, nuts add a remarkable flavour and texture which gives your gluten free meals a more satisfying appeal.

Nuts provide a range of essential nutrients for a healthy well balanced gluten free diet, including healthy fats, protein and fibre that can help keep appetite under control²⁻⁷ while providing sustained energy to help get you through the day. Gluten free products are often low in fibre and may have a high glycemic index (GI)⁸ so including nuts with gluten free grain and cereal foods can help lower the GI of the entire meal.⁹⁻¹¹ Low GI diets have been shown to reduce the risk of developing diabetes, heart disease and obesity.¹²

The added benefit of nuts and nut meals is they contain healthy monounsaturated and polyunsaturated fats with some containing plant derived omega-3 fats. These healthy fats in nuts are necessary for heart-health and cholesterol lowering.¹³⁻¹⁸ Just 1-2 handfuls a day is all that is required.¹⁸

Replacing wheat flour and wheat based ingredients is often a nightmare for gluten intolerant people which is why nut meal is often used as an easy gluten free alternative. Nut meals, such as almond, chestnut and hazelnut meals, can be used in savoury or sweet recipes and are simply made up of ground nuts. Alternatively add LSA (linseed, sunflower seed and almond meal mixed) to breakfast cereals, gluten free muffin and cakes recipes.

For a nutty twist try out our delicious gluten free recipes below.

Lamb backstrap with pistachio and Brazil nut crust

Serves 4

Ingredients

35g chopped pistachio kernels
1tb chopped Brazil nuts
2 teaspoons dried thyme
75g low fat ricotta
1 egg white
cracked black pepper
600g lamb backstrap, trimmed of fat
8 chat potatoes and mixed fresh herbs, to serve
1tb olive oil



Method

Preheat oven grill to high. Place the pistachios, Brazil nuts, thyme, ricotta, egg white and a little pepper in a bowl and mix until fully combined. Set aside. Rub the lamb with olive oil. Heat a large non stick frying pan over medium high heat and pan cook backstraps for 3 minutes each side or until cooked to your liking. Remove and rest for 5 minutes, then spoon the ricotta mixture over the top of the backstraps, pressing down to form a thick crust. Place under the grill and continue to cook until the ricotta mixture is set and golden on top. Serve with rosemary potatoes and seasonal vegetables that have been tossed with herbs such as basil, mint and chives.

Nutrient content per serve

Energy 2380kJ (570kcal), Protein 54g, Total fat 22g, Saturated fat 7g (32% of total fat), Monounsaturated fat 10g, Polyunsaturated fat 3g, Carbohydrates 33g, Fibre 9g, Sodium 175mg

~10g nuts per serve



Roasted chats with pecans and rosemary

Serves 6 side dishes

Ingredients

- 750g chat potatoes unpeeled, halved
- 1 cup whole pecans
- 4 sprigs rosemary
- 5 whole garlic cloves
- Cracked black pepper
- Olive oil spray

Method

Preheat oven to 200C. Steam potatoes for 5 minutes then transfer to a tray lined with non stick baking paper. Spray with olive oil spray. Add pecans, rosemary, garlic and plenty of black pepper. Cook for 10-15 minutes or until potatoes are cooked through and tender. Serve immediately with meat or fish.

Nutrient content per serve

Energy 955kJ (225kcal), Protein 4.5g, Total fat 14g, Saturated fat 0.9g (6% of total fat), Monounsaturated fat 7.5g, Polyunsaturated fat 4.7g, Carbohydrates 18g, Fibre 5g, Sodium 43mg

~20g nuts per serve



Figs with cinnamon, almonds and walnuts

Serves 4

Ingredients

- 1 cup fresh orange juice
- 1 cinnamon stick
- 2 star anise
- 12 small fresh figs
- 1/4 cup blanched almonds
- 1/4 cup roughly chopped walnuts

Method

Place the orange juice, cinnamon and star anise in a small saucepan over medium heat. Bring to a simmer, reduce the heat to low and add the figs. Poach the figs for 10 minutes then remove from the heat and allow to cool. Continue to simmer the orange poaching liquid until reduced slightly. To serve, spoon the figs into serving bowls and scatter with almonds and walnuts.

Nutrient content per serve

Energy 707kJ (170kcal), Protein 4g, Total fat 10g, Saturated fat 0.6g (6% of total fat), Monounsaturated fat 4g, Polyunsaturated fat 5g, Carbohydrates 13g, Sugars 13g, Fibre 3g, Sodium 7mg

~15g nuts per serve

List of references

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Nuts for Life is a nutrition communications initiative of the Australian Tree Nut Industry and Horticulture Australia to provide information about the nutrition and health benefits of tree nuts.

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