

**Enjoy healthy meals with deliciously different California prunes / Family Heart Association ... California Prune Press Office.**

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Family Heart Association.  
California Prune Press Office.

**Publication/Creation**

London : California Prune PressOffice, [1992?]

**Persistent URL**

<https://wellcomecollection.org/works/y3qgmsq9>

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# HEALTHY MEALS



*With  
Deliciously  
Different  
California Prunes*

FAMILY  
HEART  
ASSOCIATION



### *A tasty California way to a healthy diet*

It is becoming increasingly evident that eating well can help to prevent a number of diseases – especially heart disease which affects 3 million people in the UK. We all need to eat more fruit, salads and vegetables and many of us could benefit by increasing our fibre intake. One of the simplest and best ways of improving your fruit and fibre intake is by adding California prunes to your diet.

Did you know that an average serving of six prunes contains more fibre than a 1oz serving of bran flakes? California prunes are one of the best sources of fibre because out of the five different types of dietary fibre that the body uses – cellulose, hemicellulose, lignin, pectin and gums – the first four are all found in prunes.

Prunes also provide a range of essential vitamins and minerals. These include beta carotene, which the body converts to vitamin A; and potassium, which helps to protect the heart and maintain acceptable blood pressure levels. Prunes are also rich in iron, which makes them particularly invaluable for teenage girls and women. They contain no fat or sodium (salt) and at just 11-12 calories in one average sized prune, they are ideal for any diet.

### *Add taste and fibre the easy way*

California prunes are deliciously different today and can be enjoyed eaten straight from the packet (look out for the 'no need to soak' stoned California prunes) or served in many interesting ways.

- Chop California prunes and add them to yoghurt, cereal or fruit salad.
- Add chopped prunes to your favourite teabread, scone or cake recipe.
- Include some chopped prunes in salads for extra goodness.
- Soak prunes overnight in orange juice for a delicious breakfast dish.
- Make a 'trail mix' of chopped prunes, raisins, nuts and sesame seeds for an energy giving snack.
- Stuff stoned prunes with a low-fat soft cheese and chopped nut mixture.





## *Wake up to California Prunes*

### **EARLY RISER PRUNE COOKIES**

#### *Ingredients*

150ml/5 fl oz olive oil  
12g/½ oz granulated artificial sweetener  
1 (size 3) egg, beaten  
1 tsp. vanilla essence  
175g/6 oz rolled oats  
75g/3 oz wholewheat flour  
25g/1 oz bran

1 tsp ground allspice  
1 tsp ground cinnamon  
¼ tsp salt  
½ tsp bicarbonate of soda  
175g/6 oz stoned 'no need to soak' California prunes, chopped  
1 apple, peeled, cored and grated  
100g/4 oz shelled walnuts, chopped

*Makes 15*

#### *Method*

In a bowl beat together the oil and sweetener until well mixed, then beat in the egg and vanilla.

Combine the oats, flour, bran, spices, salt and soda and stir into the oil mixture.

Add the prunes, apple and walnuts and stir until well mixed.

Divide the mixture into small balls using your hands then place onto a lightly greased baking tray. Flatten the spoonfuls of mixture slightly, and place in a pre-heated oven at 180°C/350°F/Gas Mark 4 and bake for 15 minutes, or until lightly browned.

Cool on wire racks and when cool store in an airtight container until needed.

### **PRUNE CITRUS BOWL**

#### *Ingredients*

225g/ 8 oz stoned 'no need to soak' California prunes  
175ml/ 6 fl oz unsweetened orange juice  
4 tbsp water  
2 tbsp clear honey

1 tbsp grated fresh root ginger  
1 tbsp grated orange zest  
3 grapefruits  
2 oranges  
Sprigs of mint to garnish

*Serves 6*

#### *Method*

In a saucepan place the prunes, orange juice and water. Bring to the boil, remove from the heat and stir in the honey, ginger and orange zest. Leave to cool.

Halve the grapefruit and carefully remove the segments and place in a bowl. Discard any pith and rinse out shells.

Peel and segment the oranges and add to grapefruit segments. Stir in the prune mixture, mix well and chill for 10 minutes.

Spoon the filling into the grapefruit and garnish with sprigs of mint.



### *Main Course*

## **PRUNE STUFFED PORK WITH APPLE SAUCE**

#### *Ingredients*

*Serves 4*

675g/1½ lb pork fillet	2 tbsp olive oil
50g/2 oz stoned 'no need to soak' California prunes, finely chopped	150ml/¼ pt ready made beef stock
50g/2 oz fresh breadcrumbs	2 tbsp white wine
1 small onion, peeled and finely chopped	2 tbsp unsweetened apple juice
1 tsp fresh thyme, chopped	4 tbsp natural yoghurt
1 egg yolk	1 tbsp fresh parsley, chopped
1 tsp lemon juice	Salt and freshly ground black pepper
	Fresh thyme to garnish

#### *Method*

Split the pork fillets open and flatten with a rolling pin. Season well and place in fridge.

In a large bowl mix together the prunes, breadcrumbs, onion, thyme, egg yolk and lemon juice.

Spread stuffing over flattened pork fillet, roll up and secure with string. Heat the oil in a frying pan and fry the pork until lightly browned all over. Remove from pan and place in ovenproof dish.

Add the stock to the frying pan with the wine and apple juice and bring to the boil. Pour the sauce over the pork and cover with a lid. Place in a pre-heated oven at 180°C/350°F/Gas Mark 4 for 1 hour.

Remove meat from dish and slice. Stir the yoghurt and parsley into the sauce and add the seasoning to taste. Serve with the sliced pork with seasonal vegetables and fresh thyme to garnish.

*California prunes add taste and texture to many savoury dishes. Ideal in stuffings for meat and poultry, prunes can also be added to casseroles, kebabs and salads. They add goodness and taste to all kinds of vegetarian dishes too.*





### Tea Time Treats

#### PRUNE AND APRICOT TART

##### Ingredients

225g/8 oz Jusrol lightcrust pastry\*

##### For filling:

100g/4 oz low fat fromage frais

1 (size 3) egg, lightly beaten

75g/3 oz self raising flour

25g/1 oz caster sugar

1 tbsp brandy or orange juice

25g/1 oz ground almonds

100g/4 oz stoned 'no need to soak'

California prunes

100g/4 oz dried 'no need to soak'

apricots

50g/2 oz shelled whole blanched

almonds

Serves 6-8

##### Method

Roll the pastry out on a lightly floured surface and line a 23cm/9in round fluted flan ring.

In a bowl combine the fromage frais, egg, flour, sugar, brandy or orange juice and almonds and beat well until mixed. Pour into pastry case and top with the whole prunes, apricots and almonds as illustrated.

Place in a preheated oven at 180°C/350°F/Gas Mark 4, for 25-35 minutes or until set. Leave to cool on a wire rack then remove from flan ring and serve in slices.

\*Note: This pastry is available from freezer cabinets of many supermarkets and contains less than half the fat of other pastries.

#### WALNUT AND PRUNE BROWNIES

##### Ingredients

100ml/4 fl oz olive oil

100g/4 oz demerara sugar

125g/4½ oz self-raising flour, sifted

2 (size 3) eggs, lightly beaten

40g/1½ oz shelled walnuts, chopped

Makes 16 squares

75g/3 oz stoned 'no need to soak'

California prunes, chopped

40g/1½ oz white chocolate, broken

into small chunks

2 tbsp preserving sugar

##### Method

Place the oil, sugar, flour, eggs, walnuts, prunes and chocolate into a large bowl and beat well until evenly mixed.

Spoon the mixture into a greased and lined 18cm/7in square cake tin. Smooth over the surface and sprinkle over the preserving sugar.

Place in a pre-heated oven at 180°C/350°F/Gas Mark 4 and cook for 35-40 minutes or until firm to the touch.

Cool slightly then cut into squares and transfer to a wire rack to cool completely.



### *Delicious Desserts*

#### **PRUNE AND CINNAMON STUFFED APPLES**

##### *Ingredients*

4 large cooking apples  
50g/2 oz stoned 'no need to soak'  
California prunes, chopped  
25g/1 oz dates, stoned and chopped  
25g/1 oz raisins  
25g/1 oz flaked almonds

Grated zest of 1 orange  
25g/1 oz soft brown sugar  
½ tsp ground cinnamon  
2 tbsp clear honey  
150ml/¼ pint unsweetened apple  
juice

*Serves 4*

##### *Method*

Remove the cores from the apples and make a shallow cut around the middle of each. Place in an ovenproof dish.

Mix together the prunes, dates, raisins, almonds, zest, sugar and cinnamon and fill the centre of each apple, pushing the filling down firmly into each.

Dribble over half a tablespoon of honey onto each apple and pour the apple juice into the dish around the apples.

Place in a pre-heated oven at 180°C/350°F/Gas Mark 4 for 45 minutes, or until soft, then serve immediately.

#### **PRUNE AND GINGER CRUNCH**

##### *Ingredients*

225g/8 oz cottage cheese (natural)  
100g/4 oz stoned 'no need to soak'  
California prunes, chopped  
150ml/¼ pint low fat fromage fraise or  
yoghurt

25g/1 oz caster sugar  
100g/4 oz gingernut biscuits, crushed  
50g/2 oz hazelnuts, roasted and  
chopped

*Serves 4*

##### *Method*

Place cottage cheese into a bowl and stir in chopped prunes, fromage fraise and sugar.

Mix together crushed gingernuts and hazelnuts, reserving some chopped hazelnuts for decoration. In a tall serving glass layer the gingernut mixture with the cottage cheese, ending with a topping of chopped hazelnuts.

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