

Taste the quality of California prunes : simply dried, sun-ripened juicy plums.

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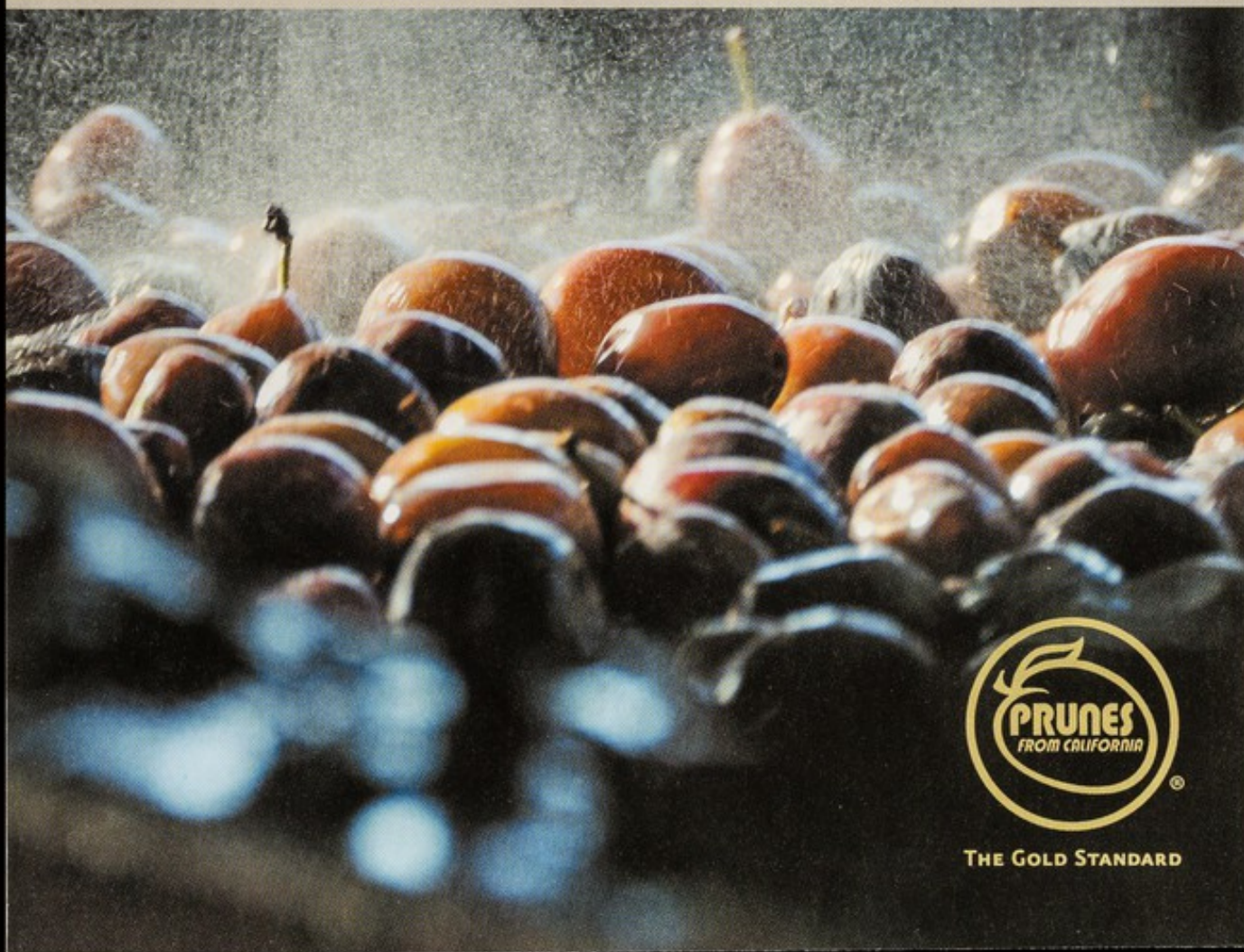
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Taste the quality *of* California Prunes

Simply dried, sun-ripened juicy plums



THE GOLD STANDARD



Eating a balanced diet and getting your five a day is essential for healthy living and eating high quality, natural foods like California Prunes is an easy way of adding vital nutrients to your diet. Did you know that just three California Prunes equates to one portion of the recommended daily intake of fruit and vegetables? Sweet tasting, yet fat free, California Prunes offer a multitude of health benefits and at only 20 calories each, make an ideal snack any time of day.

“We all know that being physically active is as important to our health as our diet. Make sure your body is fuelled for exercise by snacking on high fibre foods such as California Prunes. They’ll leave you feeling fuller for longer and are a great way of maintaining digestive health and boosting energy levels.”

Amanda Hamilton

(Nutritionist, TV presenter and
Founder of BabyToo BootCamp)





*California Prunes are the best
and most consistently high
quality in the world*

Find out why at www.californiaprunes.co.uk

Good Digestive Health

Prunes are high in soluble and insoluble fibre which is essential for good digestive health. Adequate fluid intake is also important so aim to drink 6-8 glasses daily

Energy Boost

Low GI (Glycemic Index), prunes are slowly digested, releasing sugar gradually and providing long lasting, slow release energy – making them the ideal snack for maintaining energy levels when exercising. California Prunes are proud supporters of England Netball and are the sport's "Official Snackfood"

Feel Fuller For Longer

The high fibre content and chewy texture of prunes leave you feeling fuller for longer and less likely to reach for the biscuit tin

Low Fat Natural Sweetness

Prunes contain only naturally occurring sugars, so reach for the prunes rather than sweets when you need a sugar fix

Antioxidants

Like all fruits, prunes provide high levels of antioxidants, they're not hailed a "super-food" for nothing!





A great addition to sweet and savoury dishes

Recipe: High Fibre Prune Oatbread

California Prunes have long been recognised by chefs and cooks as a high quality, versatile ingredient.

California Prune oatbread can be enjoyed as an alternative to cereal at breakfast or as a sweet treat anytime. Spread thinly with butter or serve hot drenched with vanilla custard – delicious!

Serves 10

Prep/cooking time: 1 hour

275g California prunes chopped

100g rolled oats

1.5 tsp bicarbonate of soda

50g coconut oil

2 eggs

150g good flavoured honey

175g wholemeal flour

0.25 tsp ground cinnamon

Preheat the oven to 180°C/350°F/Gas mark

5. Base line a 2lb loaf tin with greaseproof paper. Place the prunes, oats, bicarbonate of



soda and coconut oil in a bowl and pour over 125ml of boiling water. Meanwhile, in a larger bowl, whisk together the eggs and honey until well combined. Stir in the flour and ground cinnamon and then finally the prune and oat mixture. Mix well and pour into the prepared loaf tin. Bake for 45 minutes until a knife inserted into the loaf comes out clean. Cool out of the tin on a cooling rack before slicing.

PER SERVING 234 calories, protein 5g, carbohydrate 40.5g, fat 7g, saturated fat 4.5g, fibre 4g, sugar 22.4g, salt 0.5g



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Did you know...?

California Prunes can also be used as a substitute for 1/3 of the butter or oil when cooking. Just blend some prunes with water to make a puree, which will add moisture without adding calories



Find more recipes at www.californiaprunes.co.uk