

## **OHIO BLACK WALNUTS**

Black walnuts have an intense, slightly bitter flavor that's about five times stronger than the hardy English walnuts we're used to buying at the supermarket; use them in quick breads, cookies, pastries, ice cream, stuffing and soup.

Black Walnuts can help satisfy your customers' demand for delicious, healthful foods. Low in saturated fats, high in unsaturated fats, and a source of protein (24.1 grams (1/3 c) in the edible portion of 100 grams (1 c) of Black Walnut food), the nutmeats are also a source of Vitamins A, iron, minerals and fiber. Low in fat, and cholesterol- and sugar-free, the Ultimate Nut lets you add robust natural flavor to foods while promoting good health as well.

Paul Higgins, CEC, Knox County Ohio