Nuts and Seeds –
Nature's Little Nutritional Powerhouses

Nuts and seeds whether they're eaten raw, toasted, pureed or ground, are delicious and healthy and can be enjoyed in main dishes, in sauces, soups, a topping for desserts, or as a snack.

Nuts and seeds are enjoyed around the world and featured in Latin American and African heritage cuisines. Brazil nuts, cashews, pecans, pumpkin and sunflower seeds are just a few of the nuts and seeds that are shared in these two cuisines.

Nuts and seeds are sources of important nutrients including vitamins E and B6, magnesium and fiber, along with healthy fats that can protect against cardiovascular disease and type 2 diabetes. Walnuts, popular in Latin American cooking, provide omega-3 fat that helps fights inflammation, a major factor in many diseases.

Nuts and seeds are high in monounsaturated fat, the good type of fat, so a small handful goes a long way for a healthy and satisfying snack. Because of their higher fat content, they can quickly become rancid especially when exposed to prolonged heat. Store them in a sealed container in a cool, dark place. If not eaten within a few weeks, keep them refrigerated or freeze them.

Did you know that peanuts were first grown in South America and nuts and seeds are used in Latin American cuisine?

Even a drink called Horchata is made with them.

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