

Walnut Spread

Walnut spread can be used as an appetizer or a main dish if used in larger portions. The original recipe used regular sugar, not a sugar substitute. I used a butter substitute to avoid hydrogenated fats and it is relatively low cost. I specified low sodium crackers or English Muffin for lower sodium content.

Recipe submitted by Jeanne Polak-Recht, Registered Dietitian

Amount	Measure	Ingredients	Preparation Method
2	Cups	Walnuts	Finely chopped
2	Tablespoons	Sugar substitute	
2	Teaspoons	Green Cinnamon	Chopped
4	Tablespoons	Butter substitute	
6	Slices	100% whole wheat bread or ½ slice of English Muffins	toasted

1. Grind walnuts
2. Blend sweeteners with cinnamon and mix with walnuts.
3. Add melted margarine.
4. Toast bread and cut each slice into 4 pieces.
Spread with walnut mixture. You may toast in a broiler for one or two minutes.
The spread may be refrigerated for up to 7 days.
5. Bring to room temperature before spreading on toast, crackers (lower salt) or English muffin.

Yield: Two (2) cups equal to 32 servings.

	Calories	Sodium	Total fat	Sat. fat	Chol.	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	54	6 mg (<1%)	5g (8%)	-	-	0.5 (2%)

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