



THE GOLD STANDARD

CALIFORNIA PRUNES - ADDING FESTIVE FLAVOUR TO SAVOURY AND SWEET CHRISTMAS RECIPES

California Prunes have long been recognised by chefs and cooks as a high quality, great tasting ingredient and as Christmas fast approaches, every domestic goddess knows it pays to have a pantry stocked full of versatile foods. California Prunes make a fantastic addition to both sweet and savoury recipes and unlike so many other calorific ingredients, are healthy too.

Nigella Lawson famously named prunes as “squashed teddy bear noses” and they feature in her delicious recipe for Chocolate Christmas Cake. The California Prune Board has developed a series of new recipes for the Christmas season which include:

- * California Prune and Mint Stuffed Shoulder of Lamb
- * Orange and California Prune Stuffing
- * California Prune and Panettone Bread and Butter Pudding

California Prunes are low in fat and can be used as a substitute for butter or oil when cooking. Just blend some prunes with water to make prune puree, which will add moisture without adding calories. Try adding prune puree to homemade burgers or muffins for a sweet and juicy low fat treat!

High in fibre California Prunes are renowned for encouraging good digestive health and can also keep you feeling fuller for longer. California Prunes can be incorporated into your everyday diet as a quick and easy snack too. For recipe inspiration please visit www.californiaprunes.co.uk

California Prunes consistently produce the highest quality prunes in the world; so you can rest assured that only the best plums make their way from the orchard and into your kitchen cupboard.

Ends

For more information please call: Emma / Amy or Larissa at Believe Eve on 0845 299 0 200 or email at firstname@believeeve.com or californiaprunes@believeeve.com

November 2009

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