

## **SUPERIOR QUALITY CALIFORNIA PRUNES**

### **SUPER FOOD RECIPES PACKED WITH FLAVOUR AND GOODNESS**

As consumers become more aware of nutrition and are demanding healthier dishes with quality ingredients, Prunes are making a comeback. Cooks including Nigella Lawson and Delia Smith have always recognised what a great addition these juicy dried fruits can make to their recipes. However, prunes may not be the first thing you think of when you're cooking at home. These recipes, developed by the California Prune Board, show how versatile prunes are and how easy it is to cook with them.

- **Risotto of peppers, sun-dried tomatoes and California Prunes**
- **Seared tuna on California Prune and spring onion linguine**

As well as providing sweet, juicy flavour, California Prunes are also good for you. California Prunes are dried in quality controlled conditions to produce the highest quality prunes in the world, which in turn provide a multitude of health benefits. Adding prunes to any dish will mean that you receive the highest level of antioxidants (higher than any other fruit or vegetable) and a cocktail of vitamins and minerals. They're not hailed a superfood for nothing!

They are also low in fat and a great 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 our **California Burgers** and **Apple and Prune Muffins** - all the flavour, but with far less calories. So you can enjoy your favourite recipes without worrying about your weight.

Visit [www.californiaprunes.co.uk](http://www.californiaprunes.co.uk)

#### **Ends**

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