



15 Minute Recipes

15 MINUTE PRUNE GOODNESS...

Work, family and all the business in-between - it can be hard to find the time to give your body the nutrition it needs to get through the day - but look no further! Sunsweet has got you covered.

In our nifty, compact guide, you'll find a bunch of healthy recipes that can all be done under 15 minutes. Your shortcut to healthy eating and daily living starts here!

From farm to table, Sunsweet is over 100 years old and delights in serving only the best tasting, succulent prunes and prune juice to it's customers. A cooperative of growers, mainly family businesses, we produce sun-kissed prunes straight from the orchards of California.



MENU

BREAKFAST

Danish Wholegrain Sandwich

Prune Sweet Tropical Kicker

Prune Super Summer Smoothie

MAINS

Duck Breast in Prune Sauce

Low Fat Spaghetti

DESSERT

Paleo Chocolate Pudding

Prune Energy Balls





Danish

WHOLEGRAIN SANDWICH



10
MINUTES



6
PERSONS



415
CALORIES



INGREDIENTS

- 100 g Sunsweet prunes
- ½ bunch of dill
- 100 g cream cheese
- 50 g yoghurt
- 3 tbsp. Dijon mustard
- 1 tbsp. honey
- 2 avocados
- 200 g cherry tomatoes
- 300 g smoked salmon
- 6 lettuce slices of Danish wholegrain bread
- 100 g sprouts



DIRECTIONS

1. Finely chop prunes and dill and stir with cream cheese, yoghurt, mustard, and honey. Halve avocados, remove pit and slice the flesh. Cut tomatoes in half. Cut the salmon into wide strips.
2. Toast bread and spread prune mixture. Top with lettuce and remaining ingredients. Garnish with sprouts and serve.



Prune

SWEET TROPICAL KICKER



INGREDIENTS

- 1 banana
- 50g fresh mango
- 50g fresh pineapple
- 1 whole seedless peeled orange
- 50ml of coconut water
- 50ml Sunsweet prune juice
- Juice of a lime
- 100ml sheep's milk yoghurt (any live yoghurt will do)
- Handful of ice cubes



DIRECTIONS

1. Place all of the ingredients in the jug of the blender, and blend until you have a smooth consistency.
2. If using a hand blender, omit the ice cubes until the smoothie is blended, and add to the finished drink.



Prune

SUPER SUMMER SMOOTHIE



INGREDIENTS

- 200g soft fruit: small handful of blueberries (fresh or frozen), small handful of strawberries (fresh or frozen)
- 1 peach, stoned
- 100g natural yoghurt
- 1 whole peeled seedless orange
- 80ml Sunsweet prune juice
- 100ml water
- Ice to top up the glasses



DIRECTIONS

1. Place all the ingredients in a blender, and whizz until smooth, pour into glasses and add ice to top them up.



Duck Breast

IN PRUNE SAUCE



INGREDIENTS

- 2 duck breasts
- 1 sprig of thyme
- 1 shallot
- 4 tbsp Marsalla wine
- 10 Sunsweet prunes
- Seasoning
- 10g butter
- 100ml stock (veg or chicken)
- 1 tbsp olive oil



DIRECTIONS

1. Pre-heat oven to 180.
2. In a food processor whizz up the prunes to a paste.
3. Fry the finely chopped shallot in the olive oil until softened.
4. Add the prune paste – then the Marsalla. Bring to the boil to cook off the alcohol. Add the sprig of thyme and stock, season and simmer to reduce.
5. On a high heat fry the duck breasts (skin side down) in a dry frying pan for 4 minutes – turn and fry on the other side for a further minute.
6. Place half the butter on each duck breast and place in the oven (either in frying pan with ovenproof handle or transfer to a small baking dish) and cook for 7 minutes (medium) to 10 minutes (well).

Tip: use either duck or chicken as the meat.



Low Fat

SPAGHETTI



INGREDIENTS

- 2 onions
- 2 cloves of garlic
- 100 g Sunsweet prunes
- 1 bunch of flat-leaf parsley
- 100 g lean ham
- 150 g low fat cream cheese
- 100 ml water
- 2 eggs
- 50 g Parmesan cheese, grated
- 350 g spaghetti
- 2 tbsp. olive oil
- 200 ml vegetable stock
- Salt & pepper



DIRECTIONS

1. Peel and finely chop onions. Peel garlic and dice. Cut prunes into small cubes. Finely chop the parsley. Cut ham into cubes.
2. Mix together cream cheese with 100 ml of water, eggs, Parmesan cheese, salt and pepper. Cook spaghetti according to package directions.
3. Heat oil in a pan, and sauté garlic and onions until translucent. Add ham and prunes and sauté for 1 minute. Add stock and cooked pasta. Add the cream cheese mixture, stir vigorously and simmer for 2 minutes.
4. Serve the pasta with fresh parsley and Parmesan cheese.



Paleo

CHOCOLATE PUDDING



INGREDIENTS

For the bottom crust:

- 80 g ground almonds, toasted
- 3 tbsp. butter, melted
- 2 tbsp. honey
- 1 tbsp. cocoa powder
- Salt

For the pudding:

- 400 ml coconut milk
- 80 g cocoa powder
- 1 tbsp. Guar gum (available in well-stocked supermarkets or health food shops)
- 50 ml maple syrup
- 2 tbsp. butter
- Seeds of 1 vanilla pod
- 100 g Sunsweet prunes
- Mint & coconut for garnishing



DIRECTIONS

1. Combine all ingredients for the bottom crust. Put the mixture into small jars and press down to cover the bottom. Then refrigerate.
2. Put all the ingredients apart from prunes for the pudding into a bowl and blend well with a hand blender until it thickens. Coarsely chop prunes and add to the mixture. Fill pudding into the glasses and chill again. Garnish with mint and coconut.



Prune

ENERGY BALLS



INGREDIENTS

- 1 cup of Sunsweet prunes
- $\frac{3}{4}$ cup almonds / walnuts / mix
- $\frac{1}{4}$ cup Chia seeds
- $\frac{1}{8}$ cup cocoa powder
- $\frac{1}{8}$ cup smooth nut butter
- Coconut oil, to blend
- Desiccated coconut, for rolling (optional)



DIRECTIONS

Note on measurements: the easiest way to make these is to measure the ingredients out in a cup or other container, and then simply keep the proportions as stated below. We used a standard American “cup” – which holds about 250ml of liquid.

* You will need a blender / food processor for this recipe.

1. Place the nuts in the food processor and blitz for a moment.
2. Add the other ingredients, save for the coconut oil and desiccated coconut, and blend well, until smooth.
3. Add a small amount of coconut oil, a few drops at a time, until the mixture is sticky, and holds its shape when you roll a small amount between your fingers.
4. Take a tablespoon of the mixture and roll into a ball, and continue until all the mixture is used.
5. Place a handful of desiccated coconut onto a plate and roll the balls in it, to coat, if using.
6. If you're in a cold climate, they set right away but a tip is to place in the freezer for about 45 minutes to set, and then store in an air-tight container in the fridge. They will keep for up to a week.

