### FEELGOOD RECIPES WITH JUICY PRUNES





### Dear Readers,

A hand on your heart - who doesn't love sweets? Even babies smile when they drink something sweet and when they taste something bitter they immediately make a face. Unfortunately, it's not only children who often want sweet things. The World Health Organization (WHO) recommend that a maximum of 10% of the daily total energy intake be taken up from free sugar and the associated health risks.

Even the experts will tell you that doing completely without sweets is not a solution either. Sweet dishes are part of feeling good. This is exactly why we have developed **#feelgood** recipes for you! Juicy Sunsweet® prunes from California provide only the best in sweetness and taste: the prunes not only taste great, they provide valuable nutrients at the same time!





### Prunes are a great way to combat too much sweetness

Sunsweet prunes contain around 57 grams of carbohydrate per 100 grams. In comparison, sugar provides 99.8 grams of carbohydrate per 100 grams. The smaller amount of carbohydrate in prunes relieves the pancreas, triggers less of the appetiteenhancing insulin and prevents frequently recurring phases of voracious appetite. Prunes have a low glycemic index (GI) of 29.

### **Reduce Sweet Cravings**

Prunes' low GI is due to its sorbitol content and high dietary fibre content of 7.1 grams per 100 grams. That is 23 percent of the recommended daily amount. Eating prunes helps prevent fluctuations in blood sugar levels, and hence dulls appetite for sweetness.

Dietary fibres serve a host for microbiota (bacteria) in the gut. A balanced microbiome not only strengthens our immune system, but also influences a healthy appetite. Therefore, eating prunes satisfies the appetite for a longer period of time, which leads to a reduction of the desire for more sugar. That's what we call a win-win!



# Feta, Lentil and Spelt Salad With Orange Dressing





40 Minutes, Waiting time: 6 Hours

150 g spelt grains salt 350 g carrots 1 yellow and 1 red pepper 75 g pumpkin seeds 50 a beetroot sprouts 1 tray garden cress 150 g red lentils 150 g baby lettuce mix 1 small red chilli pepper 300 g Sunsweet® prunes 1 orange 1 tbsp olive oil 5 tbsp raspberry vinegar pepper 200 g feta cheese

Soak spelt grains in cold water for approx.
6 hours, preferably overnight, then strain and rinse them and cook in boiling salted water for about 25 minutes. Peel and grate the carrots. Clean the peppers and cut into strips. Toast the pumpkin seeds in a pan without fat. Wash the beetroot sprouts and cress and drain well. Cook the lentils in boiling water for 8-10 minutes. Strain.

Strain the spelt and rinse off. Wash the lettuce mix and drain.

> For the dressing, halve the chilli pepper length-wise and remove the seeds. Cut 30 g prunes into small pieces. Cut the orange in half and squeeze out the juice. Place 75 ml orange juice, oil, vinegar, chilli pepper and finely cut prunes in a container and blend until smooth. Add salt and pepper to taste.

Distribute the carrots, pepper strips, lentils, spelt, lettuce leaves and remaining prunes over 4 bowls. Crumble the feta and scatter this together with the pumpkin seeds, beetroot sprouts and cress over the salad bowls. Drizzle the dressing over the salads.







# Meatballs with Yoghurt and Paprika Dip

For the dip, wash the peppers and cut into small pieces.

Blend the chopped pepper, yoghurt, paprika powder and chilli flakes together in a mixer, season with salt and keep cool.

> For the meatballs, peel and finely chop the onion. Knead the minced meat with the chopped onion, eggs, Parmesan cheese, thyme, salt and pepper.

> Form the minced meat mixture into 8 meatballs and place a prune inside each meatball.

Scatter the sesame seeds on a plate and roll the meatballs in them until they are completely covered. Then shake off the excess and fry the meatballs in hot olive oil for about 10 minutes until golden brown all over. Drain on kitchen towels.

> Serve the meatballs with the dip.





#### FOR THE DIP:

½ a red pepper
½ a yellow pepper
300 g natural yoghurt (3.5% fat)
1 tbsp paprika powder
1 tbsp chilli flakes
salt to taste

#### FOR THE MEATBALLS:

1 onion
400 g mixed minced meat
2 eggs (medium)
60 g grated Parmesan
2 tsp fresh thyme, chopped
salt and pepper to taste
8 Sunsweet® prunes
40 g hulled sesame seeds for rolling
4 tbsp olive oil

# Lentil Curry





2 onions

1 garlic clove

400 g potatoes

400 g carrots

400 a leeks

2 vine tomatoes

100 g Sunsweet® prunes

2 tbsp olive oil

3 tbsp mild curry powder

2 tbsp ground cumin

4 tbsp tomato puree

600 ml water

60 g green or brown lentils

salt and pepper to taste

300 g natural yoghurt (3.5% fat)

4 tbsp fresh mint or parsley, chopped

> Peel and finely dice the onions and garlic clove. Peel the potatoes and carrots and cut into 1 cm cubes. Slice the leeks and rinse thoroughly. Remove the stem of the tomatoes. Roughly dice the tomatoes and prunes.

> Heat the olive oil in a saucepan. Sauté the onions and garlic in the oil for 2 minutes.

Add the curry powder, cumin and tomato puree and cook together while stirring. Add the lentils, pour in 600 ml water, bring to the boil, cover and cook over a medium heat for 10 minutes.

Add the potatoes, carrots and leeks, season with salt and pepper and continue cooking for about 20 minutes. Mix in the tomatoes and prunes and cook for a further 5 minutes.

Stir the mint into the natural yoghurt and serve with the lentil curry.





# Almond Muffins

- ▶ Preheat the oven to 180°C (fan 160°C).
- Cut 4 prunes into 6 rough chunks each. Place the 24 chunks on one side. Blend the remaining prunes with 40 ml water in a high container.
- Mix the almonds, cinnamon, ground vanilla and baking powder.
- Whisk together the eggs, butter and ricotta cheese. Stir in the almond mixture and prune puree and leave to rest for about 15 minutes.
- Divide the mixture equally among the 24 paper baking cases and smooth the tops with moistened hands. Place a chunk of prune on top of each muffin. Place the paper cases in the holes of a muffin baking tray.
- ▶ Bake in the centre of a hot oven for 15-18 minutes, remove and cool on a wire rack.



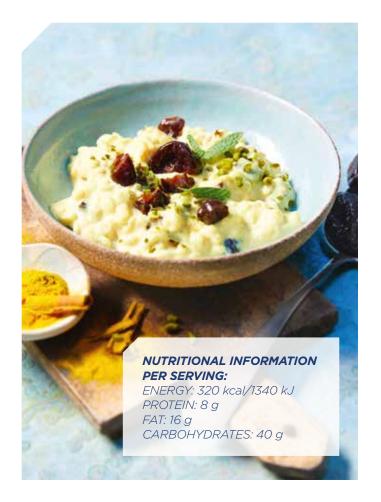


100 g Sunsweet® prunes
40 ml water
100 g ground blanched almonds
1 tbsp cinnamon
1 tsp ground vanilla
1 tsp baking powder
2 eggs (medium)

100 g soft butter 60 g ricotta cheese

24 small paper baking cases 1 muffin baking tray with 24 holes





## Creamy Rice Pudding

Description Pour the milk into a high-sided saucepan and bring to the boil. Add the pudding rice and cook for 20-25 minutes, stirring constantly without a lid until cooked then leave to cool completely.

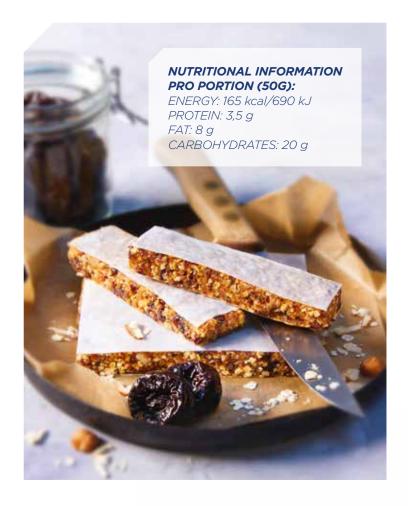
Cut prunes into at least 8 pieces.Stir mascarpone and prune pieces into the creamy rice and season with the spices.

> Scatter pistachios over the creamy rice.





400 ml milk (3.5% fat)
80 g pudding rice
100 g Sunsweet® prunes
100 g mascarpone
1 tsp ground cardamom
1 tsp ground turmeric
1 tsp ground cinnamon
1 tsp ground coriander
20 g chopped pistachios



### Energy Fruit Bars

- Cut the baking wafer in half.
- Wash the lemon in hot water and dry, remove the zest with a grater and squeeze out the juice.
- ▶ Blend the prunes, hazelnuts, lemon juice and zest to form a sticky mass.
- Add the oat flakes and stir in.
- Spread the mass evenly over one half of the baking wafer, place the second half of the baking wafer on top and press down. Cut into 4 equal pieces and leave to dry overnight.





1 wafer paper for baking (rectangle, 120 x 200 mm) 1 organic lemon 100 g Sunsweet® prunes 50 g flaked hazelnuts 20 g fine oat flakes



to a healthier taste.





### **CONTACT:**

### **Humdinger Foods Ltd.**

Gothenburg Way | Sutton Fields Industrial Estate Kingston upon Hull | HU7 OYG, UK T: +44 (0)1482 625 790

### **GemPack Foods**

Damastown Industrial Park, Dublin 15 | Rep. of Ireland T: +353 01 811 9466 California Prunes





For more information on prunes and recipe ideas please go to www.sunsweet.co.uk / www.sunsweet.ie