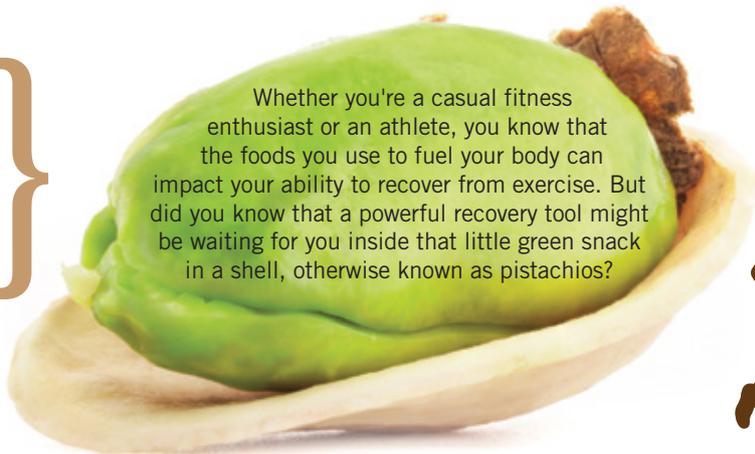


# A M E R I C A N PISTACHIOS

Post-exercise  
and everyday  
snacking tips  
for fitness  
enthusiasts  
and athletes

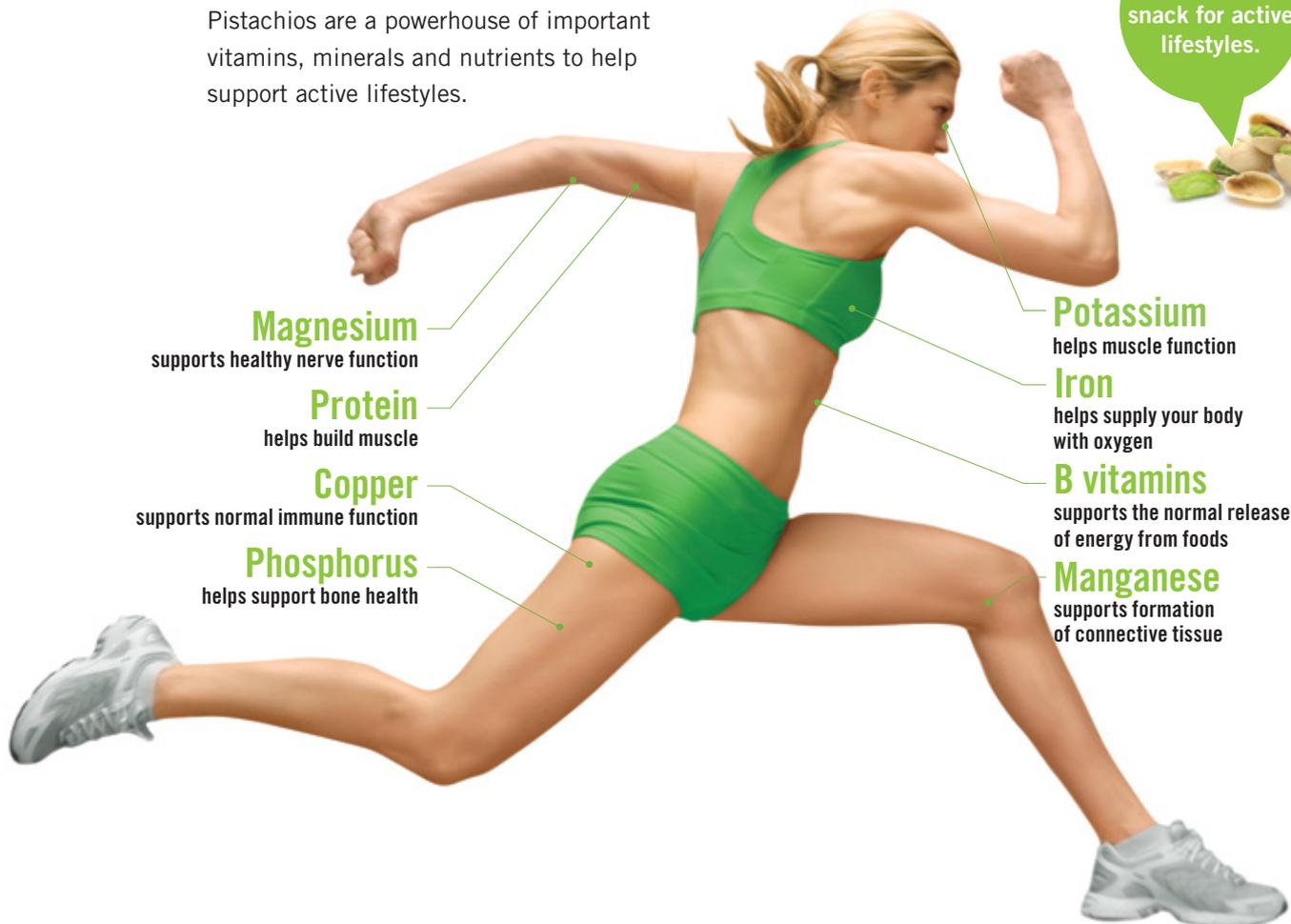
Whether you're a casual fitness enthusiast or an athlete, you know that the foods you use to fuel your body can impact your ability to recover from exercise. But did you know that a powerful recovery tool might be waiting for you inside that little green snack in a shell, otherwise known as pistachios?



## PISTACHIOS' POWER NUTRIENTS\*

The ideal post-exercise snack is one that is tasty, portable, satisfies your hunger, and supplies your body with energy and the important nutrients it needs to refuel. Pistachios are a powerhouse of important vitamins, minerals and nutrients to help support active lifestyles.

The perfect  
snack for active  
lifestyles.



**Magnesium**  
supports healthy nerve function

**Protein**  
helps build muscle

**Copper**  
supports normal immune function

**Phosphorus**  
helps support bone health

**Potassium**  
helps muscle function

**Iron**  
helps supply your body  
with oxygen

**B vitamins**  
supports the normal release  
of energy from foods

**Manganese**  
supports formation  
of connective tissue

\*A varied, balanced diet and a healthy lifestyle is key to good health, and pistachios fit within this, being: a source of protein (which contributes to muscle mass growth and maintenance); high in potassium (which contributes to normal nervous system and muscle function), manganese (which contributes to normal formation of connective tissue), copper (which contributes to normal skin pigmentation) and phosphorus (which contributes to maintenance of normal bones); high in vitamin B6 and a source of riboflavin and folate (which contributes to the reduction of tiredness and fatigue); high in thiamine (which supports the normal release of energy from food); and a source of iron (which contributes to normal oxygen transport in the body) and magnesium (which contributes to normal functioning of the nervous system).

# NIGEL'S FAVOURITE RECIPES USING AMERICAN PISTACHIOS



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Powered by Cannondale



## Pistachio Nut Butter

### Ingredients

200g American pistachio nuts  
20g coconut oil

### Instructions:

This is really simple- put the pistachio kernels and coconut oil in a power blender and blend until it forms a smooth paste. For variations try adding Goji berries or cocoa nibs.

Per 11g serving: 72kcal, 2.1g protein and 0.8g fibre



## Pistachio Dairy Free Gelato

### Ingredients

100g American pistachio nuts  
400g coconut milk, canned  
50g caster sugar  
1g cardamom pod

### Instructions:

Process the kernels in a powerful food processor until very fine or a smooth paste (or use pistachio nut butter instead of the kernels). Then add all of the ingredients into a saucepan and simmer for about 10 minutes. Remove the cardamom pods. Let cool for a little while then pour into an ice cube tray and freeze. Once frozen remove from ice cube tray and give a good mix in the food processor to make the ice cream texture.

Per 100g: 278kcal, 4.1g protein and 1.g fibre



## American Pistachio Protein Bars

**Yield:** 16

### Ingredients

60g dried blueberries  
85g untoasted coconut flakes  
60g golden flax seed  
75g whey protein  
300g salted American pistachio kernels  
1 tsp salt  
100g sugar  
1 tbsp vegetable oil  
60ml water

### Instructions:

In food processor, combine: dried blueberries, coconut flakes, golden flax seed, whey protein, and salted American pistachio kernels. Pulse, for roughly 20 seconds. In small sauce pan combine: salt, sugar, vegetable oil, and water. Boil for 15 seconds. Add wet ingredients to dry ingredients and mix. Using wax paper on baking sheet, flatten mixture evenly. Freeze for 10 minutes and enjoy. Store by wrapping in wax paper.

Per 47g serving: 209kcal, 8.5g protein and 3.8g fibre

## Seed, Berry and Nut Mix

### Ingredients

100g American pistachio nuts  
100g flaxseeds  
100g dried goji berries  
100g cocoa nibs

### Instructions:

Blend all together in a blender. Use as a topper for cereals or desserts.

Per 30g serving: 141kcal, 5g protein and 2.6g fibre



For more nutrition and health information on American Pistachios, including detailed nutrient composition please visit:  
[AmericanPistachios.co.uk](http://AmericanPistachios.co.uk)