

NO NUTS!



Replace nuts and peanuts with:

There are many ways to substitute peanuts or nuts in a recipe!

Seeds – a nut-free source of roasted pumpkin seeds (pepitas) or sunflower seeds makes a great replacement for nuts in granola bars, breads, and “butters”. There are commercially made sunflower seed butters, pumpkin seed butters, flax seed butters, and hemp seed butters.

Beans – specifically roasted soy beans, peas or chickpeas (garbanzo beans). You can roast beans in your oven very easily to make a crunchy, protein-filled snack. Roasted beans are a nice replacement for nuts in salads. Spiced and roasted chickpeas are a great “nut bowl” snack.

Pretzels – Yes, pretzels. You can use pretzels in place of nuts in recipes, like pie crusts and chicken coatings! You can also crushed them on top of desserts and ice creams where chopped nuts would typically go. Pretzels normally contain wheat and/or sesame. There are gluten-free brands of pretzels available if you need to avoid wheat or gluten.