

# the alex

Recipe ideas after a successful  
selective tree nut challenge

To be used alongside  
the Safe selective nut  
eating information leaflet



Information for patients, carers and family

# Nut Bar

## Ingredients:

1 cup cashew nuts

½ cup almonds

½ cup pecan

9 tbsp. spoons honey

*Please note different nuts can be used in these bars, depending on which nuts your child can eat*

## Optional:

½ cup shredded coconut

½ cup cocoa nibs

¼ - ½ teaspoon spices e.g. ginger/cinnamon

## Method:

1. Preheat oven 180°C
2. Line an 8x8 inch tin with packing parchment
3. Roughly chop the nut either by hand or in a food processor
4. Add optional ingredients if desired
5. Add the honey and mix, coating all the ingredients
6. Spread onto baking tray and press down with oiled hands
7. Bake for 20 minutes
8. Leave to cool, remove parchment paper and cut into bars.

## **Granola**

Ingredients:

2 tbs vegetable oil

125ml maple syrup

2 tbsp honey

1 tsp vanilla extract

50g sunflower seed

50g pumpkin seed

4 tbs sesame seeds

100g chopped nuts or mix of nuts and 50g coconut flakes

### **Method:**

1. Preheat oven 150°C
2. Line 2 baking trays with parchment paper
3. Mix all the wet ingredients
4. Add all the dry ingredients, except the dried fruit and coconut
5. Bake in preheated oven for 15 minutes
6. Add dried fruit and coconut and bake for further 10-15 minutes
7. Once cool it can be stored in an airtight container for 1 month.

## **Tree nut Pesto**

Ingredients:

55g toasted tree nuts (almond, walnut, pecan)

1 clove garlic

2-3 large handfuls basil or other herb of choice

1 tbsp. Parmesan to taste (skip this if your child is milk allergic)

Seasoning to taste

### **Method:**

1. Place all the ingredients in a food processor
2. Blend until smooth
3. Serve with pasta, add to lasagnas, pizza or make bruschetta.

## **Breaded meat, fish or vegetables**

### **Ingredients:**

Assorted tree nut(s)

Meat/fish or vegetables for breading

Binder – milk (can use milk alternative if your child is milk/egg/yoghurt allergic)

### **Method:**

1. Take nut of choice
2. Grind in food processor to a fine powder (be careful it doesn't become a nut butter)
3. Dip meat/fish or vegetable of choice into binder of choice (i.e. beaten egg, milk or yoghurt)
4. Then dip in nut of choice until coated
5. Place on a baking tray and bake in oven for 20 minutes or shallow fry 5-10 minutes.

## **Meatball/burger/meatloaf**

### **Ingredients:**

500g mincemeat of choice or vegetarian alternative (Quorn/soya)

50g ground tree nuts

1 egg

Herb or fruits option

### **Method:**

1. Pre-heat oven to 180°C
2. Mix the mincemeat, ground tree nut and optional ingredients in a bowl
3. Add the egg to bind
4. Dust hand with flour and shape into meatball, burgers or meatloaf
5. Shallow fry meatballs or burgers or place meatloaf in oven and bake.

## **Frittata**

### **Ingredients:**

6 eggs

200g potato

2 spring onions

40g ground tree nut

40g grated cheddar

Vegetables of your choice e.g. asparagus, roasted pepper, mushroom

### **Method:**

1. Heat the oil in a frying pan and add the spring onions
2. Mix the eggs,  $\frac{1}{2}$  the cheese and ground nuts together
3. Pour the pan with the onions and add your vegetables of choice
4. Sprinkle on the remaining grated cheese and grill for 5-10 minutes until golden.

## **Nutty Smoothie**

### **Ingredients:**

2 tsp tree nut butter or 15 whole nuts of choice

150ml milk or milk alternative of choice

$\frac{1}{2}$  - 1 banana or other fruit of your choice

Ice cream/yoghurt optional

### **Method:**

1. Place all ingredient in a blender
2. Add ice if desired.

## **Almond Cakes**

### **Ingredients:**

- 175g butter or dairy free alternative
- 200g sugar
- 4 large eggs
- 150g almond
- 50g plain flour

### **Method:**

1. Preheat oven to 170°C
2. Cream butter and sugar
3. Add egg one at a time
4. Slowly add ground almond and flour
5. Place in 20cm greased tin
6. Bake for 1 hour.

## **Ice Cream Sundae**

### **Ingredients:**

- Ice cream of choice
- Ice cream sauce (Treat Milk Chocolate (contains milk) or Choc Shot (dairy free) or similar)
- Nut butter (optional)
- Whole nuts

### **Method:**

1. Layer the sauce and nut butter in the bottom of the glass
2. Add ice cream
3. Add more sauce
4. Sprinkle with whole nuts.

## **Flourless Nutty Brownie**

### **Ingredients:**

225g dark chocolate (dairy free)

225g butter or dairy free butter

2 tsp vanilla extract

200g caster sugar

3 eggs

150g ground almond

100g chopped tree nut (hazelnut, walnut, pecan or macadamia recommended)

### **Method:**

1. Preheat oven 170°C
2. Melt butter/dairy free margarine and chocolate over a low heat
3. Allow to cool a little, before adding sugar
4. Beat eggs, ground almond and chopped tree nut in a separate bowl
5. Add to melted ingredients
6. Place in 24cm tin and bake for 20-25 minutes.

## **Nutty Rice Pudding**

### **Ingredients:**

150g pudding rice

600ml cows milk or milk alternative

2 tsp vanilla extract

60g sugar

tsp peanut nut or tree nut butter or chopped nut or ground (optional)

### **Method:**

1. Place all the ingredients in a sauce pan and bring to the boil
2. Reduce the heat to a simmer and cook for 1 hour or until rice soft
3. Add nut butter of choice, stir through and serve, can be served with chopped whole nuts or sprinkled with ground nuts.

# Nutty Crumble

## Ingredients:

60g Plain flour

60g butter/margarine or dairy free version

60g caster sugar

60g ground tree nut

+/-20g chopped tree nut

300g stewed fruit of choice (apple, pear, rhubarb)

## Method:

Preheat oven to 170oC

Add flour and butter or dairy free margarine to bowl and rub together to make bread crumbs

Stir in sugar, ground nuts and chopped nut

Bake in oven for 15 minutes

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### Disclaimer

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