

# Prunes from California



## The Prune It Eating Plan from California Prunes



*A healthy, balanced weight management eating plan developed by a registered nutritionist and dietitian on behalf of The California Prune Board*

The 'Prune It Eating Plan' is linked to California Prunes' new healthy eating 'Prune It' campaign, which is designed to educate consumers to understand the role that California Prunes can play in helping to reduce the fat and sugar content across a wide range of recipes. When blended into a purée, prunes offer a useful fat replacer in cooking by adding fat-like (but fat-free) characteristics that also work to enhance the flavours in both sweet and savoury dishes. In addition, the naturally occurring sugars present in California Prunes can also be used to provide a natural replacement for some of the processed sugars that traditionally feature in sweet recipes. And, because of their high fibre content and ability to add bulk to dishes, California Prunes also have a role to play in reducing portion size without compromising on filling power or taste.

[www.californiaprunes.co.uk](http://www.californiaprunes.co.uk)



## The Prune It Eating Plan from California Prunes



Healthy balanced weight management eating plan, developed by Food To Fit Ltd

**Start feeling lighter and healthier with the no-fad, lifestyle changing, easy to follow eating plan from California Prunes.** Including California Prunes (as part of an overall balanced diet) on a daily basis can help with managing your weight and also offers a simple tool for convenient healthy snacking – and warding off temptation!

Not designed for quick fix results, which let's be honest, don't last, the Prune It Eating Plan was created by a registered dietitian and registered nutritionist to help improve eating habits for good. Kick start the new you by following our 2 week healthy eating plan to help you achieve a more balanced diet based on real food. All meal and snack suggestions are given with the aim of indicating the right proportions of food from the 4 main food groups (see box). With the balanced food group approach firmly rooted into your eating pattern, you can then start to adapt to your own lifestyle. Just keep to the routine eating pattern and watch portion sizes.

For more detailed information about balanced eating refer to the Government's EATWELL guide ([https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf))

## Balanced eating basics:

### Choose from the four main food groups:

- Meat, fish, eggs, nuts, beans and vegetarian protein alternatives
- Milk, cheese, yoghurt
- Vegetables, salads and fruit – fresh, frozen or dried
- Starchy carbohydrates – go for higher fibre versions of bread, potatoes, pasta, rice and wholegrains

**Limit highly processed foods** as these tend to be higher in fat, salt, sugar and additives and often lower in vital vitamins and minerals.

**For weight loss:** it's better to increase the fruit and veggies above the usual 5-a-day, so always base your plate around veggies, salad and fruit first.

## Why California Prunes?

The University of Liverpool researchers have found that eating prunes as part of healthy lifestyle eating can aid weight loss by inducing increased feelings of fullness. So incorporating prunes into a weight management plan may help to tackle hunger and satisfy the appetite, both major challenges when you are trying to maintain weight loss. In addition, the researchers noted that men and women who included 140-170g prunes on a daily basis, continued to lose weight during the last month of the study (a time when people often find it more difficult to maintain their diet regime and may relapse into less healthy eating habits). We all know that eating more fruit and vegetables can help improve weight management but achieving the 5-a-day target is difficult – currently only about 1 in 5 people in the UK achieve it! The convenience of prunes may be a real aid for those trying to lose weight – simply because you can always have them with you to help avoid temptation!

## Won't eating high sugar dried fruit affect my weight loss?

One of the long held myths about dried fruit is that it contains more sugar than fresh, but one plum becomes one prune with just the water removed. The results from the Liverpool research showed that not only do prunes **not** cause weight gain but including up to 170g daily as part of a healthy balanced weight control diet can positively help with weight loss.





## Double Action!

The balance equation is not just about what foods you eat either, physical activity is equally crucial and the dual effort could double your achievements. So get the energy equation right for dropping a few pounds by increasing physical activity levels – you'll burn more calories and see a difference sooner! Try and build exercise into your normal daily life – there's no need to take up a new sport or go to the gym if that's not for you. Walking, swimming, housework and gardening all count. Take the stairs rather than the lift – up and down! And remove the stress around car parking by aiming for the less crowded back of the car park- not only is it easier to find a space but the short walk across the car park to your destination will top up your daily exercise levels! Physical activity has many other health benefits, helping you feel happier, improving confidence and increasing energy levels.





## Mind over Matter?

Are you ready to make a real commitment with yourself, to change how and what you eat and how active you are for good? Being ready, willing and able to promise yourself that you are in this for the long-term, is the first step. Engage the support of family and friends – if you're cooking for the family this eating plan is ideal for them too – the last thing you want to be doing is cooking separate meals for yourself. Here are some simple mind training tips:

- Keep a food, activity and mood diary – this is useful to track not just *what* you eat but *why* you eat too. Were you really hungry? What was going through your mind at the time? Could you be under pressure to get a job done, or emotionally in a turmoil, upset, needing a reward, or simply bored; or was it a habit that goes with switching the TV on?
- When temptation sends you down the wrong track, don't despair, use it positively to think about why, what or who caused you to slip back into old habits – add this to your diary and see if over time you are able to spot a trend.
- Once you've identified what causes you to eat the wrong things, you can think about ways in which to avoid it happening, such as always making sure you've got some suitable snacks with you, to stave off temptation when you are

hungry; or having a diversionary tactic at the ready that doesn't involve food or drink – perhaps walking the dog; taking a bath; or calling a friend for a chat!

- Eating should be pleasurable too, so learning to eat mindfully can be very rewarding. Savour the flavour of each and every mouthful – don't rush, or eat while at your desk or in front of the TV. DO take your time, think about what's in your mouth and appreciate every taste sensation to the full. Chew your food well, just take your time - slowing down your eating and being mindful of every taste bud makes food all the more enjoyable – start to think *quality not quantity*.
- No foods are forbidden – why should you feel deprived? Clearly some foods are going to be of more benefit than others, so if you have a favourite 'no-no' food, plan a set time to indulge it, allow yourself a small portion and take the time to savour every morsel. This way you can control when and how much you eat so as not to ruin all your hard work. It's much easier to wait having told yourself *when you can indulge* than try to stick unrealistically to rigid rules about forbidden foods.



# The Prune It Eating Plan from California Prunes

(For tips and usage information see below eating plan)

| WEEK 1                    | Monday  | Tuesday   | Wednesday  |
|---------------------------|---|---|--|
| <b>Breakfast options:</b> | <p><b>One of the following PLUS 50g California Prunes:</b></p> <ul style="list-style-type: none"> <li>• 30g of any of the following cereals: spoon sized shredded wheat, Shreddies, bran flakes, muesli or 2 wheat biscuits and approximately 150ml semi skimmed milk; <i>OR</i></li> <li>• 2 slices of wholemeal toast with nut butter (eg peanut butter), Marmite, poached eggs, beans or tinned tomatoes (no spread); <i>OR</i></li> <li>• 30g muesli and natural yoghurt; <i>OR</i></li> <li>• 15g cereals plus 15g home-made granola <i>SEE RECIPE</i>; <i>OR</i></li> <li>• Small bowl porridge made with milk <i>SEE RECIPE</i></li> </ul> |   |  |
| <b>Mid-Morning snack:</b> | <p>A handful of ONE of the following snack items: Trail mix <i>SEE RECIPE</i>; nuts; plain popcorn and pumpkin seed mix; home-made granola <i>SEE RECIPE</i><br/> <b>(NB could be swapped with the afternoon snack if preferred)</b></p>  |   |  |
| <b>Lunch:</b>             | <p>Crispy bacon salad – top a large green salad with two slices of chopped crispy bacon or 2 tbsp toasted sunflower/pumpkin seeds plus 50g California Prunes halved. Dress with 1 tsp homemade Salad Dressing <i>SEE RECIPE</i> and serve with a hot pitta bread.</p>   | <p>Spicy Moroccan Soup <i>SEE RECIPE</i> with one slice of granary toast</p>  | <p>Prawn salad sandwich on wholemeal bread – mix 40g prawns, 20g sweetcorn, 2 tsp low fat plain yoghurt, 1 tsp mayo, 2 tsp tomato ketchup and spinach<br/> <i>OR</i> mashed avocado, 1 tbsp pine nuts and spinach sandwich on wholemeal bread<br/>                     50g California Prunes</p> |
| <b>Afternoon snack:</b>   | <p>Snack pot (70g) of hummus and chopped veg (celery, carrots, cucumber, pepper)</p>  | <p>Cheese triangle with vegetable sticks</p>  | <p>Fill a large celery stick with 1 tbsp low fat cream cheese and serve with 2 oatcakes</p>  |
| <b>Dinner</b>             | <p>Ready meal under 400kcal with a large serving of 3 different vegetables eg broccoli, whole green beans and carrots<br/>                     Fruit and low fat yoghurt</p>  | <p>Warm Goat's Cheese, Beetroot, Walnut and California Prune Salad <i>SEE RECIPE</i><br/>                     Serve with 1 tbsp couscous, quinoa or barley<br/>                     Fruit salad</p> | <p>Chinese Pork and Cashew Nut Stir Fry and Noodles <i>SEE RECIPE</i><br/>                     Low fat chocolate mousse and an orange</p>  |

| Thursday   | Friday  | Saturday   | Sunday   |
|--|---|--|--|
| <p><b>One of the following PLUS 50g California Prunes:</b></p> <ul style="list-style-type: none"> <li>• 30g of any of the following cereals: spoon sized shredded wheat, Shreddies, bran flakes, muesli or 2 wheat biscuits and approx. 150ml semi skimmed milk; <i>OR</i></li> <li>• 2 slices of wholemeal toast with nut butter (eg peanut butter), Marmite, poached eggs, beans or tinned tomatoes (no spread); <i>OR</i></li> <li>• 30g muesli and natural yoghurt; <i>OR</i></li> <li>• 15g cereals plus 15g home-made granola <i>SEE RECIPE</i>; <i>OR</i> small bowl porridge made with milk <i>SEE RECIPE</i></li> </ul> |   | <p>2 California Prune Pancakes<br/><i>SEE RECIPE</i></p> <p>Fruit</p> <p>Low fat yoghurt</p>   | <p>2 slices of grilled bacon (or vegetarian bacon) and tomato wholemeal sandwich with sauce (no spread)</p> <p>Any California Prune Smoothie<br/><i>SEE RECIPES</i></p>  |
| <p>A handful of ONE of the following snack items: Trail mix <i>SEE RECIPE</i>; nuts; plain popcorn and pumpkin seed mix; home-made granola <i>SEE RECIPE</i></p> <p><b>(NB could be swapped with the afternoon snack if preferred)</b></p>   |   |  |  |
| <p>Spicy Carrot and Parsnip Soup or 300ml vegetable based soup<br/><i>SEE RECIPE</i></p> <p>Wholegrain bread roll</p> <p>California Prune Snack Skewers <i>SEE RECIPE</i> (for packed lunch, don't cut apple until ready to eat!)</p>  | <p>Jacket potato with tuna (½ tin of tuna, 1 tbsp low fat yoghurt, lemon juice and black pepper)</p> <p><i>OR</i> low fat cream/ cottage cheese</p> <p>Large green salad</p> <p>Fruit</p>           | <p>Rosemary Shrager's Smoked Duck Breast (OR grilled halloumi) Salad <i>SEE RECIPE</i></p> <p>Serve with 1 chopped tomato</p>  | <p>Roasted beef, lamb, pork or 2 vegetarian sausages</p> <p>Serve with Mediterranean Roasted Vegetables <i>SEE RECIPE</i> and a small portion of boiled potatoes</p> <p>Spiced Fruit Compote <i>SEE RECIPE</i> with low fat yoghurt</p> <p>Small glass of wine or beer</p> |
| <p>1 tbsp nut butter with 2 bread sticks</p>   | <p>150ml Greek yoghurt with 50g California Prune purée</p>  | <p>Handful of nuts</p>   | <p>Fruit</p>   |
| <p>Quick Shepherd's Pie (meat or quorn)<br/><i>SEE RECIPE</i></p> <p>Serve with peas and sweetcorn or salad</p> <p>Low fat rice pudding</p>  | <p>Ready meal – chicken, lentil or chickpea curry and rice (under 400kcal) with a large side salad</p> <p>1 Quick California Prune Cookie<br/><i>SEE RECIPE</i></p> <p>Small glass wine or beer</p> | <p>Rosemary Shrager's Navarin of Lamb (or vegetarian) Stew with California Prunes<br/><i>SEE RECIPE</i></p> <p>With 1 tbsp mashed potato plus large selection of green veggies as available eg kale, beans or peas</p> | <p>Grilled salmon, sardines, mackerel or quorn fillet serve with a large salad (eg lettuce, tomato, cucumber, peppers and celery) with 50g California Prunes, quartered. Serve with 1 tsp of Salad Dressing<br/><i>SEE RECIPE</i></p>                                      |

| WEEK 2                    | Monday  | Tuesday  | Wednesday  |
|---------------------------|---|--|--|
| <b>Breakfast options:</b> | <p><b>One of the following PLUS 50g California Prunes:</b></p> <ul style="list-style-type: none"> <li>• 30g of any of the following cereals: spoon sized shredded wheat, Shreddies, bran flakes, muesli or 2 wheat biscuits and approx. 150ml semi skimmed milk; <i>OR</i></li> <li>• 2 slices of wholemeal toast with nut butter (eg peanut butter), Marmite, poached eggs, beans or tinned tomatoes (no spread); <i>OR</i></li> <li>• 30g muesli and natural yoghurt; <i>OR</i></li> <li>• 15g cereals plus 15g home-made granola <i>SEE RECIPE</i>; <i>OR</i></li> <li>• Small bowl porridge made with milk <i>SEE RECIPE</i></li> </ul> |  |  |
| <b>Mid-Morning snack:</b> | <p>A handful of ONE of the following snack items: Trail mix <i>SEE RECIPE</i>; nuts; plain popcorn and pumpkin seed mix; home-made granola <i>SEE RECIPE</i></p> <p><b>(NB could be swapped with the afternoon snack if preferred)</b></p>  |  |  |
| <b>Lunch:</b>             | <p>Baked beans or 1-2 poached eggs on wholemeal toast, with grilled tomatoes and/or mushrooms</p>   | <p>300ml Vegetable Based Soup <i>SEE RECIPE</i></p> <p>With a granary roll</p> <p>Low fat yoghurt</p> <p>50g California Prunes</p> | <p>Red Pepper and Halloumi Salad with Green Beans &amp; Pine Nuts <i>SEE RECIPE</i> (serve hot or cold) and pitta bread</p> <p>50g California Prunes</p> |
| <b>Afternoon snack:</b>   | 2 satsumas  | 1 tbsp nut butter with vegetable sticks  | Prune Soda Bread with Prune Purée and Greek yoghurt <i>SEE RECIPE</i>  |
| <b>Dinner</b>             | <p>Chicken (or quorn fillet) and California Prune Tray Bake <i>SEE RECIPE</i></p> <p>Serve with large portion green beans and carrot</p> <p>Low fat yoghurt or 'light' dessert (up to 60kcal)</p>   | <p>Smoked Salmon (or Pecan Nuts) and Spinach Pasta <i>SEE RECIPE</i></p> <p>Serve with 7 cherry tomatoes</p> <p>Fruit</p>          | <p>Italian ready meal (under 400kcal)</p> <p>Large green salad</p> <p>Fruit</p>  |



| Thursday   | Friday  | Saturday   | Sunday   |
|--|---|--|--|
| <p><b>One of the following PLUS 50g California Prunes:</b></p> <ul style="list-style-type: none"> <li>• 30g of any of the following cereals: spoon sized shredded wheat, Shreddies, bran flakes, muesli or 2 wheat biscuits and approx. 150ml semi skimmed milk; <i>OR</i></li> <li>• 2 slices of wholemeal toast with nut butter (eg peanut butter), Marmite, poached eggs, beans or tinned tomatoes (no spread); <i>OR</i></li> <li>• 30g muesli and natural yoghurt; <i>OR</i></li> <li>• 15g cereals plus 15g home-made granola <i>SEE RECIPE</i>; <i>OR</i> small bowl porridge made with milk <i>SEE RECIPE</i></li> </ul> |   |  |  |
| <p>A handful of ONE of the following snack items: Trail mix <i>SEE RECIPE</i>; nuts; plain popcorn and pumpkin seed mix; home-made granola <i>SEE RECIPE</i></p> <p><b>(NB could be swapped with the afternoon snack if preferred)</b></p>   |   |  |  |
| <p>Potato, Leek and California Prune Soup<br/><i>SEE RECIPE</i></p> <p>With small wholegrain roll</p> <p>2 squares of plain dark chocolate</p> <p>50g California Prunes</p>  | <p>Rosemary Shrager's Mild Spicy Quinoa Salad with California Prunes and Feta<br/><i>SEE RECIPE</i></p> <p>With a green salad</p> <p>Handful of plain popcorn</p>                               | <p>Hummus and wholemeal seeded wrap with grated carrot, onion and sliced peppers</p> <p>Fruit</p>  | <p>Beef, Lamb or Chickpea Tagine with California Prunes <i>SEE RECIPE</i>, green salad and cous cous or rice</p> <p>Fruit salad and low fat crème fraiche</p> <p>Small glass of wine or beer</p> |
| <p>Crumpet and nut butter</p>  | <p>1 Quick Prune Cookie<br/><i>SEE RECIPE</i></p> <p>Fruit</p>  | <p>50g prunes</p>  | <p>Handful of nuts</p>   |
| <p>Satay Prawn (or Tofu) and Pilau Rice<br/><i>SEE RECIPE</i></p> <p>Serve with 150g mix of green beans, sugar snap peas and baby corn</p> <p>Fruit and low fat yoghurt</p>  | <p>Sweet Potato and Lentil Curry and Cucumber Raita<br/><i>SEE RECIPE</i></p> <p>Serve with a large salad</p> <p>Sugar free drink with mixer eg gin and slimline tonic; vodka and diet coke</p> | <p>Quick fried small steak or one Homemade Burger – Beef or California Prune and Bean <i>SEE RECIPES</i>, corn on the cob and a large salad with 1 tsp homemade Salad Dressing<br/><i>SEE RECIPE</i></p> | <p>Match box portion of cheese and 3 oatcakes, celery, grapes, apple and pickled onions</p> <p>50g California Prunes</p>   |



## Prune It Eating Plan To Tips:

### California Prunes:

- Gradually increase prune (and fluid) intake over the first week to reach 100g (8–12 prunes) per day by the end of the week. Prunes are high in fibre, so if you are not used to them already, this gradual approach will help you to sustain the eating plan for repeated cycles.
- In addition to when prunes are specifically mentioned, prunes can be used when 'fruit' appears in the menu.
- 50g of prunes is approximately 5–6 prunes.
- Prunes contribute to normal bowel function when 100g are eaten daily.
- California Prunes come in 500g/1kg bags, so pop a daily quota into a small plastic tub and keep them handy for when you need them! As with any large pack sizes, don't be tempted to eat from the bag – it's difficult to control how much you eat!

### Drinks:

- Aim to drink between 6–8 cups/glasses (2000ml) daily for good hydration.
- Unless specifically mentioned, water and sugar-free squash can be consumed freely throughout the day, with the addition of tea and coffee.
- Use skimmed or semi skimmed milk in hot drinks and limit sugar intake – halve quantities every 2 days until you can remove it altogether.
- Avoid fruit juices – these aren't as filling as the fruit from which they are made! If you want a fruity drink, try the smoothie recipes included on the plan but limit to a 150ml portion and enjoy only occasionally.

## Portion sizes:

- Portion sizes are provided as a guide throughout, to help illustrate the balance of foods from each food group.
- This 2 week plan is geared towards an average, moderately active, woman. So those who are more active and men might need to have slightly larger portions; whereas if you feel the quantities are too much for you – simply decrease the carbohydrate foods only.
- A portion of vegetables is approximately 3 heaped tablespoons.
- A portion of red meat (eg beef, lamb and pork) is approximately 70g cooked or 100g raw meat.
- A portion of fish is approximately 140g.
- A large salad is approximately 160g or should cover over half a large dinner plate and counts as two of your 5 a day. Use a variety of different salad items to add colour and texture such as peppers, carrots, onion, beetroot and sweetcorn.

## Recipes and ingredients:

- Recipes have been provided for 4 people so can be enjoyed by friends and family too! The approximate ingredients for preparing for one are also shown in a box beside each recipe.
- Choose vegetable based soups or make your own (*SEE RECIPE*)
- Fats: adopt the Mediterranean approach – use olive oil salad dressings and avoid adding butter or spread to bread/toast/crackers/potatoes etc.

| California Prunes | Nutrient content per 100g |
|-------------------|---------------------------|
| Energy            | 968 kJ/ 229 kcal          |
| Fat               | 0 g                       |
| of which          |                           |
| - saturates       | 0 g                       |
| Carbohydrate      | 57 g                      |
| of which          |                           |
| - sugars          | 38 g                      |
| - polyols         | 15 g                      |
| Fibre             | 7.1 g                     |
| Protein           | 2.2 g                     |
| Salt              | 0 g                       |

| Vitamins and Minerals | Nutrient content per 100g | % Reference intake per 100g |
|-----------------------|---------------------------|-----------------------------|
| Vitamin K             | 60 mg                     | 79                          |
| Vitamin B6            | 0.21 mg                   | 15                          |
| Potassium             | 732 mg                    | 37                          |
| Copper                | 0.28 mg                   | 28                          |
| Manganese             | 0.30 mg                   | 15                          |

# Breakfast & Smoothies



## CALIFORNIA PRUNE PORRIDGE

### Ingredients – Serves: 4

200g California Prunes chopped  
180g porridge oats  
600ml milk

### Mixture of toppings:

Flax, pumpkin, sunflower seeds, nuts  
Chai seeds, Goji berries  
Fresh berries  
Chopped fruit in season

### Method

1. Place the porridge and milk in a large saucepan and place over a low heat. Add the chopped California Prunes and cook for approximately 10 minutes, adding more milk if needed. Alternatively cook in the microwave.
2. Once cooked divide the porridge into bowls and top with toppings of choice.

### Ingredients – Serves: 1

50g California Prunes chopped  
45g porridge oats  
150ml milk

### Mixture of toppings:

Flax, pumpkin, sunflower seeds, nuts  
Chai seeds, Goji berries  
Fresh berries  
Chopped fruit in season

# GRANOLA CEREAL – CRUNCHY MUESLI

## Ingredients

300g jumbo oats

200g of any or a mix of the following:

unsalted whole hazelnuts, almonds, peanuts, pistachios, pumpkin seeds, sunflower seeds or linseed.

10 California Prunes

2 tbsp smooth peanut butter

1-2 tsp flavouring such as vanilla, cinnamon or nutmeg

10 dried dates

5 dried apricots or figs

100g raisins

## Method

1. Mix together jumbo oats with nut and seed mix.
2. Spread out thinly onto one or two baking trays and toast until lightly roasted in a hot oven for about 10mins.
3. Process California Prunes with a little water to make prune purée.
4. Place prune purée and peanut butter in saucepan and heat gently until mixed. If desired sprinkle over flavouring such as vanilla, cinnamon or nutmeg and mix in well.
5. Pour dry ingredients into the pan and mix together well to coat all the granola.
6. Spread thinly onto a baking tray and toast in a hot oven for 5–10 minutes.
7. Meanwhile, finely chop 10 dried dates and 5 dried apricots or figs and mix in a large bowl with 100g raisins.
8. Remove toasted granola from oven and allow to cool a little before adding to the dried fruit. Toss granola to mix well and allow to cool thoroughly.
9. Keeps well in an airtight container.

**Serving size: Mix 15g of granola with 15g of other cereals for breakfast or have a handful as a snack.**



# CALIFORNIA PRUNE PANCAKES

## Ingredients – Makes: 12

100g California Prunes  
200g plain flour  
1 teaspoon baking powder  
2 large eggs  
300ml milk  
Knob of butter

## Method:

1. Mix flour and baking powder in a large bowl.
2. Beat the eggs and milk together in a jug.
3. Gradually add the milk mixture to the flour mixture to create a batter.
4. Chop the California Prunes into small chunks and add to the batter mixture.
5. Using a pancake pan or frying pan add a small knob of butter and spoon in a large spoonful of the batter mixture. Fry until cooked then flip over and fry until cooked on both sides.
6. Serve with fruit of your choice.



# CALIFORNIA PRUNE, BLACKBERRY AND APPLE SMOOTHIE

## Ingredients – Serves: 4

120g California Prunes  
400ml apple juice  
160g blackberries

## Method

1. Wash blackberries.
2. Add the California Prunes and apple juice.
3. Place all ingredients into a blender and blend until smooth.

## Ingredients – Serves: 1

30g California Prunes  
100ml apple juice  
40g blackberries



## CALIFORNIA PRUNE AND MANGO SMOOTHIE

### Ingredients – Serves: 4

1 mango stoned, peeled and chopped  
1 orange  
100g California Prunes roughly chopped  
100g low fat natural yoghurt  
200ml semi-skimmed milk

### Method

1. Grate the rind of the orange then cut off the peel and cut into segments – do this over a bowl to catch the juice.
2. Place the orange rind and segments in a blender with the remaining ingredients, including the juice, and whiz until smooth.
3. Pour and drink immediately.

### Ingredients – Serves: 1

¼ mango stoned, peeled and chopped  
¼ orange  
25g California Prunes roughly chopped

25g low fat natural yoghurt  
50ml semi-skimmed milk

## CALIFORNIA PRUNE AND STRAWBERRY SMOOTHIE

### Ingredients – Serves: 4

300ml skimmed milk  
160ml unsweetened California Prune juice  
160g strawberries

### Method

1. Wash and dry the strawberries.
2. Add all the ingredients to a blender.
3. Blend until smooth.

### Ingredients – Serves: 1

75ml skimmed milk  
40ml unsweetened California Prune juice  
40g strawberries



## QUICK CALIFORNIA PRUNE COOKIES

### Ingredients – Serves: 20

16 California Prunes  
2 tablespoons hot water  
85g rolled oats  
30g chopped walnuts  
6 square of dark chocolate roughly chopped

### Method

1. Preheat oven to 190°C.
2. In a food processor, pulse California Prunes and hot water until smooth. Pulse in oats and walnuts until a sticky dough forms. Add roughly chopped dark chocolate.
3. Roll dough into 20 balls and place on a baking sheet lined with parchment paper.
4. Bake for 15 minutes. Immediately after removing from the oven, tap each of them down with a glass to form a cookie shape and return to the oven for a further 5 minutes to brown slightly. Leave to cool before moving.







## CALIFORNIA PRUNE SNACK SKEWERS

### Ingredients – Serves: 4

4 apples cored and each cut into 8 wedges  
16 fresh basil leaves  
160g hard cheese, cubed into 16 pieces  
16 California Prunes, pitted  
16 toothpicks or short skewers

### Method

Thread two pieces of apple and one each of the remaining items onto skewers and serve.

**TIP:** good for packed lunches – keep the apple whole and pre-prepare the other ingredients. Then store in an airtight plastic tub for up to 3 days in refrigerator. Don't forget to eat with the apple!



### Ingredients – Serves: 1

1 apple cored and cut into 8 wedges  
4 fresh basil leaves  
40g hard cheese, cubed into 4

4 California Prunes, pitted  
4 toothpicks or short skewers

# CALIFORNIA PRUNE AND OATMEAL MUFFINS

## Ingredients – Makes: 12

175g California Prunes, pitted  
75g wholemeal plain flour  
75g plain flour  
100g medium oatmeal  
3 tsp baking powder  
½ tsp salt  
1 tsp ground cinnamon  
25g butter  
100 g light brown soft sugar  
1 egg  
200 ml semi-skimmed milk  
½ tsp vanilla essence

## Method

1. Place paper cases in a deep 12-hole bun tin. Heat the oven to 200°C (400°F) Gas mark 6.
2. Put the California Prunes into a bowl with the flours, oatmeal, baking powder, salt and cinnamon.
3. In another bowl beat the butter and sugar together, then add the egg, milk and vanilla essence, beat until smooth. Quickly mix in the dry ingredients then divide between the paper cases, the mixture will fill them.
4. Bake in the oven for 20 minutes until risen and golden. Cool on a wire rack, best eaten the same day.



## TRAIL MIX

Simply mix together a handful of one or a mix from each of the following groups and store in an airtight container. The options are endless!

- Any nuts – peanuts, walnuts, pistachios, almonds, cashews, hazelnuts or pine nuts
- Seeds – pumpkin, sunflower, linseed, sesame or hemp seeds
- California Prunes, quartered
- Raisins, sultanas, dried apricots, dried cherries (avoid any with added sugar), dried apple, goji berries, blueberries, strawberries, figs, mango or dates.
- Shreddies, Cheerios, bran flakes, puffed wholegrain cereal, plain popcorn or pretzels

# QUICK CALIFORNIA PRUNE SODA BREAD

## Ingredients – Serves: 8

|                                  |                                     |
|----------------------------------|-------------------------------------|
| 300g wholemeal flour             | 1 tsp salt                          |
| 100g plain flour                 | 1 tsp sugar                         |
| 50g jumbo oats                   | 1 egg                               |
| 16 California Prunes, halved     | 300ml buttermilk or low fat yoghurt |
| 1 heaped tsp bicarbonate of soda | 50ml olive oil                      |

## Method

1. Preheat the oven to 190°C.
2. Place all the dry ingredients in a large bowl and mix together.
3. In a separate bowl, whisk together the egg, yoghurt and oil.
4. Add the egg mixture into the flour stirring with a fork initially, then use your hands to gently bring the dough together. Do not knead or over-mix the dough as this causes tough bread.
5. Shape the dough into a ball and place onto a lightly greased baking tray. Flatten the dough slightly and score a deep cross into the top of the bread with a knife, then repeat to show 8 portions.
6. Bake in centre of oven for 30 minutes or until a golden brown colour and loaf sounds hollow when tapped on the bottom. Cool the bread on a wire rack. Best eaten fresh or keep in fridge for a couple days and warm in oven before serving.
7. Top with peanut butter; cream cheese; or as pseudo cream tea try prune purée and Greek yoghurt.



# Vegetables & Salads

## RED PEPPER AND HALLOUMI SALAD

### Ingredients – Serves: 4

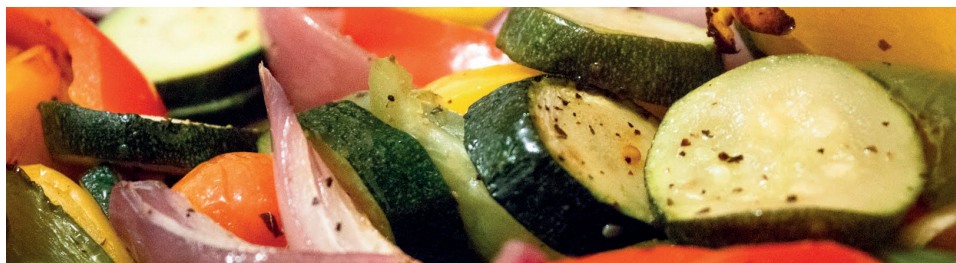
2 red peppers, halved and deseeded  
1 tbsp extra virgin olive oil  
2 tsp balsamic vinegar  
2 tsp paprika  
250g halloumi, drained and cut into 8 slices  
Juice of 1/2 lemon  
400g green beans, trimmed  
2 tbsp pine nuts, toasted

### Ingredients – Serves: 1

1/2 red pepper, halved and deseeded  
1 tsp extra virgin olive oil  
1/2 tsp balsamic vinegar  
1/2 tsp paprika  
2 slices (approx 60g) halloumi  
1 tsp lemon juice  
100g green beans, trimmed  
1/2 tbsp pine nuts, toasted

### Method

1. Dry fry the pine nuts until lightly toasted. Remove from the pan to cool.
2. Griddle the sliced halloumi (1-2 minutes on each side) and peppers.
3. Boil green beans.
4. Combine the halloumi, peppers, pine nuts and green bean. Mix together the oil, vinegar, lemon and paprika and pour over the salad.
5. This salad can be enjoyed hot or cold.



## MEDITERRANEAN ROASTED VEGETABLES

### Ingredients – Serves: 4

4 assorted coloured peppers diced  
4 courgettes sliced  
1 onion finely chopped  
4 garlic cloves crushed  
2 tsp dried oregano  
2 tsp olive oil

### Ingredients – Serves: 1

1 pepper diced  
1 courgette sliced  
1/4 onion finely chopped  
1 garlic clove crushed  
1/2 tsp dried oregano  
1/2 tsp olive oil

### Method

1. Mix vegetables together and toss in a flat casserole dish with dried oregano and olive oil.
2. Bake for 20 minutes in the oven at 200°C.

# ROSEMARY SHRAGER'S SMOKED DUCK BREAST or HALLOUMI SALAD WITH A CALIFORNIA PRUNE DRESSING

## Ingredients – Serves: 4

200g smoked duck breast *OR*  
250g halloumi,  
drained and cut into 8 slices  
1 bunch watercress  
1 Frisee lettuce, yellow leaves only  
A small hand of tarragon leaves  
100g walnuts

## For the dressing

1 teaspoon red wine vinegar  
½ teaspoon Dijon mustard  
1 tsp Sunflower oil  
2 tsp extra virgin olive oil  
Juice of ¼ lemon  
4 California Prunes, soaked in water  
Pinch of salt  
Good pinch ground chilli

## Ingredients – Serves: 1

50g smoked duck breast *OR* 60g  
halloumi, drained and cut into 2 slices  
¼ bunch watercress  
¼ Frisee lettuce, yellow leaves only  
1 tsp tarragon leaves  
25g walnuts

## Method

1. Place the walnuts on a baking sheet and roast in the oven for 5-10 minutes. Once cooled roughly chop.
2. Prepare the dressing: drain the California Prunes, reserving the water and add the remaining ingredients and liquidise until smooth. If the mixture is too thick, add a drop of the prune water.
3. For the salad, if the smoked duck is whole slice very finely. *OR* Griddle the sliced halloumi (1-2 minutes on each side). Wash the frisee lettuce, I tend only to use the yellow part, if this is a large frisee half is enough, if it's a small lettuce you will need the whole one.
4. You can use a platter or place it on individual plates. Mix the frisee, watercress and tarragon together in a bowl add a tablespoon of dressing mix carefully put onto the platter scatter the smoked duck breast and walnuts.



# WARM GOAT'S CHEESE, BEETROOT, WALNUT AND CALIFORNIA PRUNE SALAD\*

## Ingredients – Serves: 4

60g whole walnuts, roughly chopped  
200g round of goat's cheese, cut into four thick slices  
8 handfuls of mixed leaves (suggest watercress, baby-spinach and lambs lettuce)  
8 California Prunes, finely sliced  
1 pack of 4 vacuum-packed cooked beets, drained and thickly sliced

## For the dressing:

2 tbsp Extra Virgin Olive oil  
4 tbsp California Prune Juice  
1 tbsp lemon juice  
2 tbsp orange juice  
Salt & Pepper, to taste

## Method

1. Preheat the oven to 190°C (375°F) gas mark 5.
2. Place all the dressing ingredients into a jar, close tightly and shake well. Set to one side.
3. Place the chopped walnuts on a baking tray and roast for 5 minutes, shaking once. When browned all over, remove and set to one side. Be careful not to burn the walnuts.
4. Place the cheese rounds on a baking tray lined with parchment or foil. Place in the hot oven and leave until they have started to melt, but are still holding their shape – about 5 minutes. Don't try to turn them.
5. Place the mixed leaves in a wide, shallow salad dish, arrange the sliced beets on top, and scatter over the sliced prunes and the walnuts.
6. Remove the hot cheese sliced from the oven, and using a lifter, carefully place them on top of the salad.
7. Drizzle with the dressing and serve immediately. This salad is delicious with a side of barley couscous or quinoa.

## Ingredients – Serves: 1

15g whole walnuts, roughly chopped  
50g goat's cheese  
2 handfuls of mixed leaves (suggest watercress, baby spinach and lambs lettuce)  
2 California Prunes, finely sliced  
¼ pack of vacuum packed cooked beets, drained and thickly sliced



*\*This is an original Jennifer Irvine recipe that has been adapted to fit with the Prune It way of eating.*

# Soups

## SPICY PARSNIP AND CARROT SOUP

### Ingredients – Serves: 4

1 teaspoon olive oil  
1 medium onion, roughly chopped  
2 cloves garlic, roughly chopped  
Small chunk fresh ginger root, washed and roughly chopped (no need to peel)  
4 large parsnips, peeled and roughly chopped  
4 large carrots, peeled and roughly chopped  
Pinch salt or half a stock cube  
2 tsp cumin  
4 tsp coriander  
1 tsp fenugreek  
Black pepper to taste  
300ml semi skimmed milk



2 tablespoons low fat cream cheese  
or Greek yoghurt  
Fresh coriander leaves for decorating

### Method

1. Heat olive oil gently in a large saucepan and add the onion, garlic and ginger, stirring for one minute.
2. Add the parsnips and carrots to the pan together with enough boiling water to just cover the vegetables.
3. Bring to the boil, add a pinch salt or stock cube, cumin, coriander, fenugreek and plenty of black pepper. Cover and simmer until the vegetables are tender.
4. Add milk to cool the cooked soup a little so you can blitz soup in a blender. When ready to serve, reheat soup, stirring in the low fat cream cheese or Greek yoghurt pour into bowls and top with few fresh coriander leaves. Serve with chunky wedges of wholegrain bread.

**TIP:** Any leftover cooked vegetables, or other fresh vegetables that need using up, can be added to the soup during cooking. Replace the parsnips with potatoes or sweet potatoes. A great way to prevent food waste and create endless variations to your soup!

### Ingredients – Serves: 1

¼ teaspoon olive oil  
¼ medium onion, roughly chopped  
½ garlic clove, roughly chopped  
Small chunk fresh ginger root, washed and roughly chopped (no need to peel)  
1 large parsnip, peeled and roughly chopped  
1 large carrot, peeled and roughly chopped  
Pinch salt or small piece of a stock cube (approx. 1/8 cube)

½ tsp cumin  
1 tsp coriander  
¼ tsp fenugreek  
Black pepper to taste  
75ml semi skimmed milk  
½ tablespoons low fat cream cheese or Greek yoghurt  
Fresh coriander leaves for decorating

# POTATO, LEEK AND CALIFORNIA PRUNE SOUP\*

## Ingredients – Serves: 4

2 tbsps rapeseed oil  
1 onion, peeled and roughly chopped  
3 large leeks, roughly chopped  
3 large potatoes, peeled and diced  
2 clove of garlic, finely chopped  
8 California Prunes  
1 ltr stock (vegetable or chicken)  
1 tbsp fresh parsley, finely chopped  
Salt and pepper to taste

## Method

1. In a large saucepan, heat the oil over a medium heat and soften the onions for about 5 minutes.
2. Add the leeks, potato and garlic, and stir. Increase the heat slightly and cook for 5 minutes.
3. Add the California Prunes, and stir well.
4. Add the stock, bring the soup to the boil and then reduce the heat and simmer for approximately 10 minutes, ensuring that all of the vegetables are soft.
5. Blend the soup until smooth. Stir through the parsley, and season with salt and pepper as necessary. Serve immediately.

## Ingredients – Serves: 1

¼ onion, peeled and roughly chopped  
¾ large leeks, roughly chopped  
¾ large potatoes, peeled and diced  
½ clove of garlic, finely chopped  
2 California Prunes  
250ml stock (vegetable or chicken)  
1 tsp fresh parsley, finely chopped  
Salt and pepper to taste





# SPICY MOROCCAN SOUP\*

## Ingredients – Serves: 4

- 1 tsp oil
- 1 onion, peeled and diced
- 1 tsp cumin
- 1 tsp dried coriander
- ½ tsp turmeric
- ¼ tsp cinnamon powder
- ½ tsp paprika
- 2 cloves of garlic, peeled and finely chopped
- 4 medium-sized carrots, peeled, trimmed and diced
- 140g dried red lentils
- 100g California Prunes, roughly chopped
- 400g can chopped tomatoes
- 600 ml vegetable or chicken stock
- Juice of ½ lemon
- 1 tbsp chopped coriander
- 1 tbsp chopped parsley

## Ingredients – Serves: 1

- ¼ tsp oil
- ¼ onion, peeled and diced
- ¼ tsp cumin
- ¼ tsp dried coriander
- pinch turmeric
- pinch cinnamon powder
- pinch paprika
- ½ cloves of garlic, peeled & finely chopped
- 1 medium-sized carrots, peeled, trimmed and diced
- 35g dried red lentils
- 25g California Prunes, roughly chopped
- ¼ x 400g can chopped tomatoes
- 150 ml vegetable or chicken stock
- Splash of lemon juice
- ½ tsp chopped coriander
- ½ tsp chopped parsley

## Method

1. In a large saucepan, soften the onions in oil, covering with lid to prevent drying out.
2. Add the spices and garlic and cook for a further minute.
3. Add the carrot, lentil, prunes and stock. Bring to the boil and simmer until the vegetables and lentils are soft (approximately 30 minutes).
4. Stir through the coriander, parsley, and lemon juice, then taste, and season with salt and pepper as necessary. Can be served as a wholesome soup or blitz for a few minutes if you prefer a smooth soup.



*\*These are original Jennifer Irvine recipes that have been adapted to fit with the Prune It way of eating.*

# Main Meals

## BEEF or LAMB AND CALIFORNIA PRUNE TAGINE

### Ingredients – Serves: 4

400g tender beef or lamb, cut into small (2cm) pieces<sup>†</sup>  
4 cloves garlic, chopped  
2 tsp cumin  
1 tsp each ginger, turmeric, cinnamon  
Pepper and pinch salt  
1 tbsp olive oil  
200g mix of vegetables such as onion, carrots, celery or turnip, roughly chopped  
3 handfuls fresh coriander  
160g California Prunes  
400ml water

### Method

1. Heat oil in pan and add meat, garlic and spices.
2. Brown meat over medium heat for one minute, add water and the vegetables, bring back up to simmer.
3. Wash and chop the fresh coriander, including the stalks, reserving a handful of leaves for later.
4. Add coriander leaves and stalks plus the California Prunes to the pan.
5. Transfer to oven-proof covered pot or tagine and cook in slow oven for 3 hours or until the meat is tender and liquid reduced.
6. Top up water level to ensure doesn't dry out.
7. Serve sprinkled with remaining chopped fresh coriander leaves.

<sup>†</sup> For a vegetarian tagine, substitute the meat for 2x400g tin chick peas (or ½ tin for 1 portion), drained and add with the other vegetables after first frying the garlic and spices. Reduce cooking time to 1hr, or until the vegetables are tender.



### Ingredients – Serves: 1

100g tender beef or lamb, cut into small (2cm) pieces<sup>†</sup>  
1 garlic clove, chopped  
½ tsp cumin  
¼ tsp each ginger, turmeric, cinnamon  
Pepper and pinch salt

1 tsp olive oil  
50g mix of vegetables such as onion, carrots, celery or turnip, roughly chopped  
1 handful fresh coriander  
40g California Prunes  
100ml water

# QUICK SHEPHERD'S PIE

## Ingredients – Serves: 4

300g lean minced lamb, pork, or quorn (or 150g each meat and quorn)  
2 onions  
4 cloves garlic  
2 tsp cumin seeds  
1 tbsp cocoa powder  
4 carrots, peeled and grated  
1 jar tomato based sauce (reduced fat)  
12 Californian Prunes, finely chopped  
400g potatoes, peeled, cut into quarters  
4 leeks, washed and finely sliced  
1–2 tbsp Dijon mustard  
1–2 tbsp milk

## Method

1. Dry fry the meat with onion, garlic and cumin seeds.
2. Add grated carrots, cocoa powder, tomato-based sauce and prunes and mix well. If using Quorn for a vegetarian option, add it now. Cover and simmer on low heat while potatoes are cooking.
3. Boil potatoes and add chopped leeks 10 minutes from end of cooking time. When cooked, drain potato water, reserving to make a gravy or for a soup stock.
4. Mash potatoes and leeks with mustard and a little milk as needed.
5. Place meat mix in flat casserole dish, top with potato and bake in medium oven for 30mins or until potato starts to crisp on the top.
6. Serve with a large helping green beans and sweetcorn or other vegetables fresh or frozen.

## Ingredients – Serves: 1

75g lean minced lamb, pork or Quorn (or 40g each meat and quorn)  
½ onion  
1 cloves garlic  
½ tsp cumin seeds  
¼ tbsp cocoa powder  
1 carrots, peeled and grated  
¼ jar tomato based sauce (reduced fat)  
3 Californian prunes, finely chopped  
100g potatoes, peeled, cut into quarters  
1 leeks, washed and finely sliced  
¼–½ tbsp Dijon mustard  
¼–½ tbsp milk





## CHICKEN (or QUORN) AND CALIFORNIA PRUNE TRAY BAKE

### Ingredients – Serves: 4

4 skinless chicken breast or 4 Quorn fillets  
Juice of 1 orange  
Zest of 1 orange  
1 tbsp olive oil  
200g California Prunes  
4 rashers smoked or vegetarian bacon, rind removed  
Bag of baby potatoes  
Seasoning and sprig of rosemary

### Ingredients – Serves: 1

1 skinless chicken breast or 1 Quorn fillet  
Juice of ¼ orange  
Zest of ¼ orange  
1 tsp olive oil  
50g California Prunes  
1 rasher smoked or vegetarian bacon, rind removed  
¼ bag of baby potatoes  
Seasoning and sprig of rosemary

### Method

1. Put the olive oil, rosemary, orange juice and zest into a pan and warm through.
2. Pre-heat oven to 180°C.
3. Place the chicken or Quorn pieces and potatoes into a large oven-proof dish.
4. Remove rind from bacon, chop and scatter around the chicken or Quorn.
5. Pour over the warm sauce and place the California Prunes around the dish.
6. Place in the oven for 1 hour 20 – 1 hour 30 or until the chicken or Quorn and bacon have browned.
7. Serve with vegetables eg green beans.



## SMOKED SALMON (OR PECAN) AND SPINACH PASTA

### Ingredients – Serves: 4

280g dried pasta  
4 large handfuls spinach  
240g low-fat crème fraîche  
4 tbsp Dijon mustard  
1 tbsp lemon juice (or juice and zest of a lemon)  
1 tbsp dried dill  
1 tbsp dried parsley  
Black pepper to taste  
560g smoked salmon, torn into strips, or 200g pecan nuts

### Ingredients – Serves: 1

70g dried pasta  
1 large handful spinach  
4 tbsp low-fat crème fraîche  
1 tbsp Dijon mustard  
Splash of lemon juice (or juice and zest of a lemon)  
1 tsp dried dill  
1 tsp dried parsley  
Black pepper to taste  
140g smoked salmon, torn into strips or 50g pecan nuts

### Method

1. Boil pasta, adding the spinach towards the end of cooking. Drain.
2. Add remaining ingredients, toss gently and warm for 2 minutes.
3. If using nuts, toast and add to the pasta mixture at the end of cooking.



## SATAY PRAWNS (or TOFU) and PILAU RICE

### Ingredients – Serves: 4

560g tiger prawns, 560g fillet of white fish or 400g tofu  
12 tablespoons satay marinade

### For the quick pilau rice:

1 tablespoon olive oil  
1 chopped onion  
2 tsp paprika  
2 tsp turmeric  
400g boiled rice  
60g pumpkin seeds  
240g sweetcorn

### For the satay marinade:

2 cloves garlic  
2 cm root ginger  
1 tsp red chilli powder  
2 tsp mustard  
1 tbsp olive oil  
1 tbsp honey  
4 tbsp peanut butter  
2 tbsp light soy sauce  
15g chopped coriander  
5 tbsp water

### Method:

1. Prepare the satay marinade by blending together all of the ingredients. (Leftover marinade can be kept in the fridge).
2. Toss tiger prawns or fillet of white fish or tofu with satay marinade.
3. Grill prawns or fish, or stir fry tofu following packet instructions.
4. Serve on bed of quick pilau rice: fry olive oil with the onion, paprika and turmeric. Then add boiled rice, pumpkin seeds and sweetcorn.

### Ingredients – Serves: 1

140g tiger prawns, 140g fillet of white fish or 100g tofu  
3 tablespoons satay marinade

### For the quick pilau rice:

|                 |                       |
|-----------------|-----------------------|
| 1 tsp olive oil | 100g boiled rice      |
| ¼ chopped onion | Handful pumpkin seeds |
| ½ tsp paprika   | seeds                 |
| ½ tsp turmeric  | 60g sweetcorn         |

# SWEET POTATO AND LENTIL CURRY WITH CUCUMBER RAITA

## Ingredients – Serves: 4

1 tbsp olive oil  
2 onions, chopped  
2 garlic cloves  
2 tsp cumin seed  
2 tsp mustard seeds  
2 tbsp medium curry powder  
Chilli flakes (to taste)  
200g red or green lentils (or a mixture)  
4 medium sweet potatoes, peeled and cut into chunks  
1l vegetable stock  
2 x 400g can chopped tomatoes  
2 x 400g can chickpea or other tinned beans eg butter beans, drained  
2 grated carrots  
4 handfuls chopped coriander

## Raita:

200ml natural yoghurt  
½ finely chopped cucumber  
Large bunch of fresh mint finely chopped  
¼ tsp cumin powder

## Method

1. Heat the oil and soften the onions for a few minutes.
2. Add the garlic and spices and cook for 1 minute.
3. Add the lentils, sweet potatoes, carrots, stock and chopped tomatoes.
4. Bring to the boil, then cover and simmer for 20 minutes, ensuring that the lentils and sweet potatoes are tender.
5. Add the chickpeas (or other tinned beans) to the lentil mixture and heat through.
6. To prepare the raita: combine all ingredients.
7. Serve with coriander and a green salad.

## Ingredients – Serves: 1

1 tsp olive oil  
½ onion, chopped  
½ garlic clove  
½ tsp cumin seed  
½ tsp mustard seeds  
½ tbsp medium curry powder  
Chilli flakes (to taste)  
50g red or green lentils (or a mixture)  
1 medium sweet potato, peeled and cut into chunks  
250g vegetable stock  
½ x 400g can chopped tomatoes  
½ x 400g can chickpea or other tinned beans eg butter beans, drained  
½ grated carrots  
1 handful chopped coriander

## Raita:

50ml natural yoghurt  
2" piece of finely chopped cucumber  
Small bunch of fresh mint finely chopped  
Pinch cumin powder







# HOMEMADE BURGERS

## Ingredients – Serves: 4

400g lean minced beef  
1 onion, chopped  
1 tsp dried herbs eg oregano  
Pinch of black pepper  
1 egg, lightly beaten  
1tsp olive oil for frying

## Method

1. Combine all ingredients and shape into round flat burgers.
2. Heat the oil in a frying pan, and cook the burgers thoroughly.
3. Place burgers onto a kitchen towel to remove excess oil before serving.

## Ingredients – Serves: 1

100g lean minced beef  
¼ onion, chopped  
¼ tsp dried herbs eg oregano  
Pinch of black pepper  
¼ egg, lightly beaten  
¼ tsp olive oil for frying

# CALIFORNIA PRUNE AND BEAN VEGGIE BURGER

## Ingredients – Serves: 4

12 California Prunes  
1 egg  
3 tbsp pumpkin seeds, roughly chopped  
½ onion finely chopped  
2 garlic clove finely chopped  
400g tin kidney beans, drained and washed  
4 tbsp rolled oats  
1 medium carrot, peeled and grated  
1 tbsp flax seed  
1 tbsp chopped fresh coriander or parsley  
2 tsp cumin  
½-1 tsp chilli powder  
1 tbsp cocoa powder  
¼ tsp salt (omit if beans in brine)  
Black pepper  
1 tbsp groundnut oil for frying  
4 tbsp sesame seeds for coating the burgers (optional)

## Method:

1. Blend the California Prunes with the egg to make a purée
2. Heat a little oil and fry the onions and garlic to soften, then add the pumpkin seeds and toast for 1 minute, stirring the mix.
3. Mash the beans with a fork in a large bowl.
4. Add all ingredients (except the oil and sesame seeds) and combine thoroughly using a metal spoon.
5. Cover and refrigerate for at least 30 minutes until the mixture becomes firm.
6. Divide burger mix into 8 and shape into patties.
7. Place sesame seeds in a small dish and place each burger into the dish coating each side; set aside on a plate ready for cooking or keep refrigerated for up to 3 days.
8. Heat the oil and fry burgers on a medium heat for 4-5 minutes on each side, checking regularly to avoid catching. Burgers should be crispy on the outside and cooked through.

## Ingredients – Serves: 1

4 California Prunes plus 1tbsp water  
1 tbsp pumpkin seeds  
1tsp onion finely chopped  
½ garlic clove finely chopped  
¼ x 400g tin kidney beans  
1tbsp rolled oats  
¼ carrot, grated  
¼ tbsp flax seed  
¼ tbsp chopped fresh parsley  
½ tsp cumin  
Pinch of chilli powder  
¼ tbsp cocoa powder  
Black pepper  
1 tsp groundnut oil  
1tbsp sesame seeds for coating

# CHINESE PORK AND CASHEW STIR FRY & NOODLES

## Ingredients – Serves: 4

300g lean pork strips  
100g cashew nuts†  
250g Chinese leaves  
200g mange touts  
200g baby corn  
2 red peppers sliced  
3 tablespoons olive or rapeseed oil  
3 tablespoons reduced salt soy sauce  
4 tsp Chinese five-spice powder  
4 blocks of dried noodles (approx. 250g)

## Ingredients – Serves: 1

75g lean pork strips  
25g cashew nuts†  
60g Chinese leaves  
50g mange touts  
50g baby corn  
½ red pepper sliced  
2 tsp olive or rapeseed oil  
2 tsp reduced salt soy sauce  
1 tsp Chinese five-spice powder  
1 block of dried noodles (approx. 60g)

## Method

1. Marinate the pork or nuts in half of the soy sauce for 5 minutes.
2. Heat the oil.
3. Stir-fry the pork until browned or lightly toast the cashews. Set aside.
4. Stir fry the vegetables until warmed and still slightly crunchy.
5. Return the meat and nuts to the vegetable mix and season with the Chinese five-spice powder and remaining soy sauce. Toss well.
6. Meanwhile cook the noodles according to packet instructions and serve with the stir-fry.

† For a vegetarian version double the quantity of nuts and omit the pork





## ROSEMARY SHRAGER'S MILD SPICY QUINOA SALAD WITH CALIFORNIA PRUNES AND FETA

### Ingredients – Serves: 4

200g quinoa  
Water  
1 red onion, finely chopped  
2 celery sticks, finely chopped  
2 garlic cloves, finely chopped  
2 cooked beetroot, diced  
12 California Prunes, finely sliced lengthways  
1 tsp olive oil  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 teaspoon mixed spice  
½ teaspoon chilli  
140g feta cheese  
16 cherry tomatoes, cut into quarters  
4 tablespoons parsley, finely chopped  
Juice of one lemon  
Pepper to taste

### Ingredients – Serves: 1

50g quinoa  
Water  
¼ red onion, finely chopped  
½ celery sticks, finely chopped  
½ garlic cloves, finely chopped  
½ cooked beetroot, diced  
4 California Prunes, finely sliced lengthways  
¼ tsp olive oil  
½ teaspoons ground cumin  
¼ teaspoon ground coriander  
¼ teaspoon mixed spice  
Pinch chilli  
35g feta cheese  
4 cherry tomatoes, cut into quarters  
1 tablespoon parsley, finely chopped  
Juice of ¼ lemon  
Pepper to taste

### Method

1. First cook the quinoa as instructed on the packet.
2. In a frying pan heat the olive oil and soften the red onion, garlic, celery and California Prunes, now add the cumin, coriander, chilli and mixed spice. Add two tablespoons of water and cook for a further minute until the liquid has evaporated. Season with pepper, and add to the Quinoa and mix well.
3. Add most of the parsley leaving enough for a garnish. Add the cooked beetroot and mix. Fold in the cut tomatoes leaving a few for garnish. Now crumble the feta leaving some for garnish.
4. Add the lemon and test for seasoning. Place into a large serving dish and garnish with the feta, tomato and parsley.

# ROSEMARY SHRAGER'S NAVARIN OF LAMB STEW WITH CALIFORNIA PRUNES

## Ingredients – Serves: 4

400g lamb, shoulder is ideal chopped into small (2 inch) pieces†  
1 large onion  
1 tsp olive oil  
20g butter  
4 cloves garlic, chopped  
8 small turnips, peeled and quartered (halved if they are very small)  
¼ bottle of red wine  
4 sprigs thyme  
4 bay leaves  
2 tbsp tomato purée  
800ml stock  
1 tbsp plain flour  
20 California Prunes

## For the garnish

16 shallots, peeled but kept whole  
400g mushrooms  
Prune purée (8 California Prunes puréed with 1 tbsp water)  
4 rashers back bacon, sliced into strips\*  
2 tbsp parsley, finely chopped  
400ml stock (lamb or chicken)

## Method

1. Using a large frying pan, soften the onions in olive oil and put them into a heavy casserole dish, the kind that will go on top of the stove without breaking. Sear the meat in batches by dry frying and add to the onions.
2. Add the butter and let it melt over the meat and onions before sprinkling on the flour turning it all together. Now add the garlic to the frying pan, cook it briefly then deglaze the pan with the red wine. Let it bubble for a minute and pour it into the casserole, followed by the stock, the tomato purée and the thyme.
3. Add the turnips to the casserole, bring the whole thing to simmering point and then put it into the oven for about an hour. Add the California Prunes and put back into the oven for a further 45mins approx. Allow to cool until you need it. It will happily stay in the fridge for a day or two.
4. To garnish, simmer the shallots in stock for about five minutes then add the mushrooms and simmer for a further 5 minutes. Strain, reserving the stock. Stir in the prune purée. Put the cooked mushrooms and shallots into this, turning them to make them slightly caramelised.
5. Add 2 tablespoons of the reserved stock, stirring it all together (save the rest of the stock for soup). Allow it to cool until you are ready to serve. Dry fry the bacon until it is crispy.
6. Before serving re-heat the casserole and stir in the prepared shallot and mushrooms. To serve, make sure that everyone gets a few whole mushrooms and shallots. Top each serving with some crispy bacon and parsley.

† For a vegetarian option, substitute the lamb with 400g borlotti beans or chick peas and the bacon with 100g chopped peanuts or pistachios, toasted under the grill for 5 mins just before serving.

## Ingredients – Serves: 1

100g lamb, shoulder is ideal chopped into small (2 inch) pieces†  
¼ large onion  
¼ tsp olive oil  
5g butter  
1 clove garlic, chopped  
2 small turnips, peeled and quartered (halved if they are very small)  
50ml red wine  
1 sprig of thyme  
1 bay leaf  
½ tbsp tomato purée  
200ml stock  
¼ tbsp plain flour  
5 California Prunes

## For the garnish

4 shallots, peeled but kept whole  
100g mushrooms  
Prune purée (2 California Prunes puréed with 1 tsp water)  
1 rasher back bacon, sliced into strips  
1 tbsp parsley, finely chopped  
100ml stock (lamb or chicken)



# Desserts

## SPICED FRUIT COMPOTE – for breakfast or dessert!

### Ingredients – Serves: 4

350g (12oz) mixed dried fruit – California Prunes, apricots, mangos, raisins, apples, blueberries, bananas or any other fruit that you fancy

300g (10oz) natural bio yoghurt  
2 tablespoon flax seeds

### Method

1. Place the fruit in a large bowl and cover with boiling water. Allow to cool, then put into the fridge overnight. TIP – for extra flavour add cloves and cinnamon, vanilla, or ginger to the dried fruit before covering with boiling water.
2. In the morning, drain the fruit. Serve the yoghurt on the side with the flax seeds scattered over.
3. OR for a quick dessert, heat the fruit compote and serve with yoghurt, or a spoonful of ice cream or rice pudding.

### Ingredients – Serves: 1

90g dried mixed fruit – California Prunes, apricots, figs, apples  
75g natural bio yoghurt  
½ tablespoon flax seeds



# WARM POACHED CALIFORNIA PRUNES WITH YOGHURT\*

## Ingredients – Serves: 4

8 California Prunes  
100ml California Prune juice  
400 ml tea  
Zest of an orange  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
400g natural yoghurt

## Ingredients – Serves: 1

2 California Prunes  
25 ml California Prune juice  
100 ml tea  
Zest of ¼ an orange  
Pinch ground cinnamon  
Pinch ground nutmeg  
100g natural yoghurt

## Method

1. Place all of the ingredients, except for the yoghurt, in a heavy-based pan, place over a high heat and bring to the boil.
2. Reduce the heat, cover and leave to simmer for 10 minutes, then turn off the heat and leave to cool.
3. Divide the yoghurt between four bowls. Scoop out the prunes with a slotted spoon and place half on top of each helping of yoghurt. Drizzle with a tablespoon or two of the fragrant liquid and eat immediately.

*\*This is an original Jennifer Irvine recipe that has been adapted to fit with the Prune It way of eating.*



# Extras

## CALIFORNIA PRUNE PURÉE

### Ingredients – Makes: 125g

100g California Prunes  
25ml water

### Method

1. Blend the prunes and water in a liquidiser until puréed.
2. Can be used as a jam substitute eg on toast or soda bread; to naturally sweeten yoghurt; and within sauces.



## SALAD DRESSING

Prepare your salad dressing in advance and place in a screw top jar and keep in the fridge to go with your salad as required:

### Basic recipe:

- 120ml olive oil
- 40ml vinegar (red, white or balsamic)

### Additional ingredients to add variety and taste (either add to the 'jar' or on a meal by meal basis):

- Fresh or dried herbs (eg basil, oregano and mint)
- Lemon juice
- Mustard
- Crushed garlic



If you require any further information please contact us at:

The California Prune Board – 01858 414218 or email [info@cpbeurope.eu](mailto:info@cpbeurope.eu)  
[www.californiaprunes.co.uk](http://www.californiaprunes.co.uk)

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