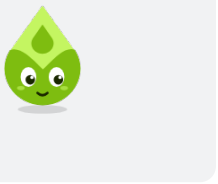
Dinner

# Simple Chopped Walnuts for Topping

A small portion of walnuts chopped into fine, even pieces, ready to sprinkle over salads, porridge, or baked treats.

| 4 min | 90 | 3 g | 0 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Vegan | Dairy free

## Ingredients, 1 serving

- [ ] 1/2 oz walnuts (chopped )

## Method

- [ ] **1** Measure out 1/2 oz of walnuts and tip them onto a clean chopping board.
- [ ] **2** Using a sharp knife, rock the blade over the walnuts until they are chopped into small, even pieces.
- [ ] **3** Use the chopped walnuts straight away, or keep them in a sealed container until needed.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **90** |
| **Total fat** | 9 g |
| Saturated fat | 1 g |
| **Sodium** | 0 mg |
| **Total carbs** | 3 g |
| Fiber | 1 g |
| Total sugars | 0 g |
| **Protein** | 2 g |

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