



3-Way Walnut Squares

Chef Betty Crocker, MPH, RD

Yield: 1/2 cake sheet (16"x24"x 1/2")

- 4 1/2 Cups flour
- 2 Cups brown sugar
- 1/3 Cup flax seed meal
- 1 Tbs cinnamon
- 1 tsp salt
- 2 tsp baking soda
- 1 tsp baking powder
- 2 Cups pumpkin puree
- 2 ea eggs
- 1 Cup walnut oil
- 1 Cup soy milk
- 1 ea orange zest
- 2 tsp vanilla
- 3 Cup walnuts
- 1 Cup craisins



Chef Betty's Method:

1. Preheat oven to 350° F. Lightly spray loaf pans with nonstick spray
2. In a food processor, pulse the craisins until finely diced. Divide in half in two separate bowls. Pulse 1 1/2 cups walnuts until finely diced. Mix with 1/2 the craisins and reserve for topping. For the remaining walnuts, process until a fine meal is formed and put in large bowl with other dry ingredients.
3. In a large bowl, mix pumpkin puree, eggs, oil, milk, zest, and vanilla. In separate bowl whisk together walnut meal, flour, sugar, flax meal, cinnamon, salt, baking soda, and baking powder. Stir the dry ingredients into the pumpkin mixture until blended. By hand, gently fold in craisins until evenly distributed. Pour batter into prepared pans.
4. By hand, evenly sprinkle diced walnuts and craisins mixture.
5. Bake for approximately 45 minutes in preheated oven. Loaves are done when toothpick inserted in center comes out clean.
6. Cut in 8 x 4 squares to yield 32 servings, which contain 1.8 grams omega 3.
7. VARIATIONS: Reduce to lightly sweetened by reducing sugar to 1 cup and juice of the orange to displace some of the soymilk. To reduce the calories, omit one egg, increase baking powder to 2 teaspoons, reduce oil to 1/2 cup, and reduce walnuts to 2 cups. With all three adjustments, it will be 135 calories per serving. Substitute 2 cups of other fruits or vegetables such as peaches or shredded zucchini.
8. VEGAN: Omit eggs and use 1/2 cup soft tofu, replace soymilk with orange juice.

Nutrition Facts			
Serving Size (76g)			
Servings Per Container			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 170mg			7%
Total Carbohydrate 33g			11%
Dietary Fiber 2g			8%
Sugars 17g			
Protein 4g			
Vitamin A 40%		Vitamin C 0%	
Calcium 4%		Iron 8%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4