ONE-OF-A-KIND FLAVOUR. ENDLESS OPTIONS.

California Prunes are naturally nutritious and surprisingly versatile. They are the perfect culinary secret to enhance flavour and texture of both sweet and savoury dishes. Try these inspired ideas:

- Sprinkle chopped prunes onto salad, yogurt and cereal.
- Blend prunes into your favourite shakes and smoothies.
- Add prunes when baking cookies, cakes and energy bars.
- Pair prunes with cheese, crackers and nuts on grazing boards.
- Use prune purée to replace half of the sugar or fat in baked goods.
- Create sauces and dressings with a hint of sweetness from prunes.

FOR RECIPES AND INFORMATION VISIT:
CaliforniaPrunes.ca
@caprunescan

SUPERFOOD SNACK ON-THE-GO!

Prunes are portable, convenient and always in season. Keep them stocked in your car, bag, desk drawer or cupboard for a delicious, nutrient-rich snack.

THE WONDER OF PRUNES FOR BONE & GUT HEALTH

California Prunes contain nutrients that support both bone health and gut health.

✓ **Good for your bones:**

Eating about five prunes a day can support bone health, thanks to vitamin K, potassium, copper, manganese and antioxidants.

✓ **Good for your gut:**

Prunes help maintain regular digestion and nourish your gut microbiome, which is the community of beneficial bacteria and other microorganisms in your digestive system.

Nutrition Facts

Per 5 prunes (40 g)

Calories 100	% Daily Value*
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Carbohydrate 26 g	
Fiber 3 g	11 %
Sugars 15 g	15 %
Protein 1 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 300 mg	9 %
Calcium 20 mg	2 %
Iron 0.4 mg	2 %
Vitamin K 24 µg	20 %
Copper 0.11 mg	12 %
Manganese 0.125 mg	5 %

*5% or less is **a little**, 15% or more is **a lot**

Cool fact! Prunes naturally contain sorbitol, a compound with prebiotic effects. That means it helps feed the good bacteria in your gut so they can thrive. For more health and nutrition information, visit: CaliforniaPrunes.ca

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Prunes. For life.