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Dec 26 2022 mar 26 2019 walnuts juglans regia are a tree nut belonging to the walnut family they originated in the mediterranean region and central asia and have been part of the human diet for thousands of years  
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filling make this a popular dessert at potlucks try it with whipped cream ice cream or all by its yummy self this is the pumpkin walnut recipe to end all recipes ruth beller sun city california go to recipe 16 50 pineapple carrot cake  
**walnut wikipedia** Aug 22 2022 walnuts are rounded single seeded stone fruits of the walnut tree commonly used for food after fully ripening between september and november in which the removal of the husk at this stage reveals a browning wrinkly walnut shell which is usually commercially found in two segments three or four segment shells can also form during the ripening process the husk will become brittle and the shell hard  
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Oct 24 2022 aug 13 2018 walnuts contain a lot of polyunsaturated fatty acids which are healthier than saturated fats in addition walnuts have alpha linolenic and linoleic acids which may have anti inflammatory effects that keep blood vessels healthy in addition to having favorable effects on blood lipids all nuts are not created equal  
*17 proven benefits of walnuts organic facts* Apr 18 2022 oct 26 2020 walnuts are also particularly rich in an omega 6 fatty acid called linoleic acid walnuts contain other essential nutrients such as beta carotene lutein and zeaxanthin as well as phytosterols they are a good source of dietary fiber and antioxidants ellagic acid catechin melatonin and phytic acid all of these beneficial nutrients contribute to walnuts being thought of by many as power food  
*health benefits of walnuts webmd* Sep 23 2022 english walnuts also known as persian walnuts are members of the juglandaceae family with pecans and hickory as close relatives they grow in a tan shell about the size of a golf ball with a  
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that grow from the walnut tree they are a good source of healthful fats protein and fiber they

may enhance heart and bone health and help in

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