

Nuts And Seeds

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True (Botanical) Nuts

1. **Acorns** – From oak trees; must be leached to remove bitter tannins before eating. Used historically as flour or coffee substitutes

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- **Beechnuts** – Small, triangular nuts from beech trees; European varieties are bitter, while American ones are sweeter. Often pressed for oil
- **Chestnuts** – Low in fat, high in starch. Sweet varieties (e.g., European chestnuts) are roasted or used in stuffing

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- **Hazelnuts** – Popular in spreads like Nutella. Includes species like European hazelnut and filbert

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Drupe Seeds (Culinary Nuts)

5. **Almonds** – Technically seeds of drupes; rich in vitamin E and magnesium. Used in marzipan and almond milk

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- **Cashews** – Attached to cashew apples; must be roasted to remove toxic shell oil. Creamy texture, used in vegan cheeses
- **Walnuts** – Includes English walnuts (mild) and black walnuts (earthy). High in omega-3s

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- **Pecans** – Native to North America; buttery flavor, common in desserts like pecan pie

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- **Coconut** – A drupe with edible "meat" and water. Used in oils, milk, and shredded form

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- **Pistachios** – Mildly sweet, often used in Middle Eastern desserts like baklava

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Gymnosperm Seeds

- 11**Pine Nuts** – From pine cones; key in pesto. Varieties include Siberian cedar nuts

- **Araucaria Nuts** – From monkey puzzle trees; soft texture like cashews

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Legumes & Other Seeds

- 13**Peanuts** – Legumes with nut-like use. High in protein; popular as peanut butter

- **Soy Nuts** – Roasted soybeans; high in protein and fiber

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- **Baru Nuts** – Legume family; taste like peanuts/cashews. Nutrient-dense

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Lesser-Known Nuts & Seeds

16 **Pili Nuts** – Creamy, from the Philippines; high in magnesium

- **Kola Nuts** – Caffeinated; used in traditional African medicine and early cola drinks
- **Sacha Inchi** – High in omega-3s; toasted for snacks
- **Chia Seeds** – Rich in fiber and omega-3s; form gel-like consistency in liquids
- **Pumpkin Seeds (Pepitas)** – Nutty flavor, roasted for snacks or salads

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Regional & Specialty Nuts

- **Bunya Nuts** – Australian; starchy, similar to chestnuts
- **Candlenuts** – Southeast Asian; must be cooked to remove toxicity
- **Mongongo Nuts** – Kalahari Desert staple; eaten raw or roasted

For a **complete list** (50+ varieties), refer to sources like [Edible Arrangements](#) or [List Lovers](#)

Note: Many "nuts" are seeds botanically (e.g., Brazil nuts, [sunflower seeds](#)). Always check for allergies and preparation requirements (e.g., leaching acorns)

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Merged Segment

(.review/moneyball-vaults/moneyball-003/0.inbox/nuts and seeds.md)

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