

Pistachios can be enjoyed whole, chopped, coarsely ground, and finely ground.

Add a few shelled, chopped raw, unsalted pistachios to soups and salads as a garnish, or use one or two handfuls as a main ingredient in a salad dish.

Grind raw unsalted pistachios in an electric coffee grinder and add them to fresh vegetable or fruit juices for a protein boost.

Add raw, unsalted pistachios to the blender when making smoothies.