

Nuts & Seeds

SUMMARY OF AWESOMENESS



HEALTH BENEFITS

Nuts and seeds provide a satiating effect keeping us fuller for longer with high protein and fat content. The omega 3 content boast anti-inflammatory properties which may help to lower blood pressure and improve brain health.



STORAGE TIPS

Transfer all nuts and seeds to airtight containers at room temperature to last a few months. In the fridge or freezer nuts and seeds can last up to 6 months.



CULINARY HACKS

Purchase nuts and seeds in the bulk section to control the amount needed and reduce costs. In comparison with whole flax, ground flaxseed is best to absorb its nutrients. Blend it into smoothies, oatmeal, or use as an egg replacement in baking recipes.



Top Nutrients

VITAMINS E * B VITAMINS

MINERALS CALCIUM, COPPER, POTASSIUM, IRON, MAGNESIUM, ZINC, & SELENIUM



Super Power



Bonus Benefits

- NO CHOLESTEROL
- NO/LOW SODIUM
- OMEGA 3 FATTY ACIDS



Serving Size

1/4 CUP OR 2 TABLESPOONS OF NUT/SEED BUTTER