

# Brazil Nut



Carry the highly nutritious Brazil nuts as a handy snack on the move.

## Ingredients for 2 serving (US/Metric)

- 73g / 2.6oz **Brazil nut**

## Nutrition (US/Metric)

- **Protein:** 8%
- **Fat:** 89%
- **Net carbs:** 2%

## Instructions

Put them on a small snack box. When hungry, uncover the lid, pop some in the mouth to relish anytime/anywhere.