

# Hazelnuts



The delectable anti-inflammatory hazelnuts are excellent for the heart and offer a host of health benefits in every bite.

## Ingredients for 2 serving (US/Metric)

- 1 *cup* Nuts

## Nutrition (US/Metric)

- **Protein:** 13%
- **Fat:** 78%
- **Net carbs:** 9%

## **Instructions**

Drop some in a cup and munch away to your heart's content.