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	Drop some	e in a cup	and munch	away to	vour heart's	content.
---	-----------	------------	-----------	---------	--------------	----------