

# Walnuts



Walnut consumption helps safeguard the heart from various cardiovascular diseases as well as heightens brain function.

## Ingredients for 2 serving (US/Metric)

- 73g / 2.6oz Walnuts

## Nutrition (US/Metric)

- **Protein:** 9%
- **Fat:** 87%
- **Net carbs:** 4%

## **Instructions**

Put your desired portion of walnuts in a small bowl. Enjoy!