



HEALTHY ORGANIC



NUTS HOUSE

— estd 2023 —

ABOUT:

Nuts are a nourishing source of plant protein, heart-healthy fatty acids, and an array of vitamins and minerals. Nuts are high in good fat (mono and polyunsaturated) which have been known to help lower cholesterol. Each nut stands out for something different: almonds offer excellent protein and vitamin E while walnuts are known for their alpha linolenic acid content...



Macadamia



Walnut



Cashew



Almonds



Peanut



Pistachio



Brazil Nut



Hasel Nut

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