



NUTS AND SEEDS:

Full of fiber, protein and oils which slow glucose release!



Roasted Sweet Potato Pecan Salad, Peanut Butter with Celery and Apples, Veg Sushi Rolls w/Black Sesame Seeds, Mixed Seed Sprinkles, Cashew and Vegetable Stir Fry, Almond Butter n' Fruit Sandwiches, Kung Pao Tofu w/Brown Rice, Sunflower Seed Kale n/Brown Rice Bowl, Baby Arugula Asparagus Salad with Lemon Tahini Dressing and Pine Nuts, Tahini Drizzled Falafel Meza Plate, Cashew Alfredo Sauce on Broccoli, Holiday Loaf (almonds), Vegetarian Mushroom Nut Loaf (walnuts, sunflower seeds), Handful Mixed Nuts, Stuffed Bell Peppers w/Pesto Vegetable Quinoa, Quinoa Nut and Fruit Salad w/Greek Yogurt, Pine Nut and Wild Rice Pilaf, Quinoa Brazil Nut Paella, Persian Rice-Stuffed Zucchini with Pistachios and Dill, Nut Bars.