

FUEL UP

# Awesome Almonds

These nutritious nuggets contain protein, fiber, and vitamins. You get a satisfying crunch, on their own or when added to foods.

## WARM

Heat a handful in a skillet to intensify their aroma and flavor.

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## COMBINE

Mix with dried cranberries or dried apricots for a sweet crunch

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## INDULGE

Enjoy dark chocolate covered almonds for an occasional treat.

