

FUEL **UP**

Wonderful Walnuts

High in healthy omega-3 fats, walnuts taste great straight up, or added to snacks. They also pack a decent amount of protein.

TOP

Add to oatmeal, yogurt, and salads.

CHOP

Place on top of avocado toast for some extra crunch.

TOAST

Heat a handful in a skillet for 5 minutes for a deeper walnut-y flavor.

