

NUTRITIOUS Nuggets —

Nuts and seeds may be small in size but they're big on nutrition and flavor. That goes for nut and seed butters, too.



Nutrient dense. Nuts and seeds contain protein, fiber, vitamins, minerals and anti-oxidants.



Heart health. Walnuts and flax seeds contain heart-healthy omega-3 fats.



A little goes a long way.

Think small handful or two tablespoons of nut butter.



Pantry staple. Nuts and seeds make great portable snacks, and are terrific in salads, side dishes, yogurt and oatmeal.



PEANUT BUTTER-BANANA SMOOTHIE

2 small ripe bananas
1 cup fat free milk
1-1/2 tablespoons peanut butter
1/2 cup low fat vanilla yogurt
1/2 tablespoon unsweetened cocoa powder
1-1/2 cups ice

Peel bananas, chop into small pieces and place in freezer until hard. Place all ingredients in a blender and blend on high until smooth. Makes 2 servings.

Source: USDA MyPlate Kitchen