

Nourish  
*Your* Life

# 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