

# New Natural Goodness for a Healthy You!™



These **New** scrumptiously wholesome selections are loaded with delicious raw nuts, seeds, and dried fruits and contain no sodium or added oils.

## A. WHOLE ALMONDS (NATURAL)

The pure goodness of whole raw, natural almonds—a nutritious snack with a delicate crunch.

#60052 (1 lb. Bag)

**\$9.00**

## B. HEART HEALTHY NUT MIX

Wholesome handfuls of raw natural cashews and almonds, sweet dried cranberries, golden raisins, and some pepitas (pumpkin seeds) and sunflower seeds for good measure.

#60080 (1 lb. Bag)

**\$8.00**

## Did You Know?

**Cashews** have no cholesterol, are considered an energy food, and are beneficial for healthy gums and teeth.

**Almonds** boost brain activity and reduce risk for heart attacks.

**Cranberries** are high in nutrients and antioxidants and lower blood pressure.

**Pepitas** (pumpkin seeds) are packed with fiber, are healthy promoting antioxidants, and are a good quality protein.

**Raisins** lower cholesterol and are good for bone health.

*All of the above ingredients are high-energy snacks!*

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