**Nuts About Nuts!**

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| N | F | Y | N | F | V | B | O | R | A | H | S | A | B | G |
| S | P | R | I | N | K | L | E | L | T | R | N | L | L | E |
| A | B | H | K | Y | V | B | I | L | W | Z | A | A | A | N |
| T | Q | T | A | J | I | F | A | R | X | A | C | S | N | I |
| U | P | D | B | F | O | E | C | A | L | R | K | F | C | M |
| R | G | E | E | R | H | T | A | G | E | M | O | R | H | A |
| A | Y | H | N | T | B | O | Y | U | T | N | L | O | I | T |
| T | V | I | R | E | E | R | T | S | P | T | U | D | N | I |
| E | A | A | S | H | E | L | L | D | Q | H | F | L | G | V |
| D | E | X | D | A | N | T | I | O | X | I | D | A | N | T |
| H | W | E | I | G | H | T | L | O | S | S | N | W | F | R |
| N | S | E | I | G | R | E | L | L | A | C | A | Y | C | Z |
| S | L | A | R | E | N | I | M | B | Y | D | H | L | G | B |
| P | R | O | T | E | I | N | D | E | T | S | A | O | R | B |

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| --- | --- | --- |
| Antioxidant | Blanching | Heart Healthy |
| California | Shell | Unsaturated |
| Tree | Waldorf Salad | Roasted |
| Baking | Allergies | Snack |
| Omega Three | Handful | Weight Loss |
| Fiber | Vitamin E | Sprinkle |
| Blood Sugar | Protein | Minerals |

