

NUTS ABOUT YOU!

LETS DATE!

What do you get when you mix crunch with chewy sweetness?

A snack that's as delicious as it is nutritious!

Nuts and dates are ancient superfoods that have stood the test of time—packed with energy, flavor, and health benefits.

Meet the Nuts

Nuts are nature's little nutrient bombs! Full of healthy fats, protein, and fiber, they're perfect for keeping your body fueled and your brain sharp.

- Almonds – High in vitamin E, great for skin & heart.
- Cashews – Creamy, buttery, and rich in magnesium.
- Walnuts – Brain-shaped for a reason: omega-3 heaven!
- Pistachios – Fun to eat, full of antioxidants.
- Hazelnuts – Nutella's best friend. Enough said.

Enter the Date

The date fruit, especially the Medjool variety, is like caramel from a tree—soft, sweet, and naturally energizing.

- High in natural sugars (hello, energy boost!)
- Loaded with potassium and fiber
- A great natural binder in energy bars and desserts
- Zero added sugar needed—dates do all the sweet talking!

TRY THESE RECIPES

Click on the image to follow the link

Almond Rice Pudding



Chocolatey Hazelnut Date Balls



Vanilla Date Smoothie



Banana Walnut Oatmeal



Apple Pistachio Crisp



Almond-&-Lemon-Crusted Fish with Spinach

