



THE **protein** BAKERY

adding balance to your news....our tasty updates.

HEALTH TIP

Nuts are one of the most nutrient dense snacks. Enjoy our Walnut Brownie and know you are feeding your body well!

FEATURED PRODUCT



Walnut Brownie

WORD UP ON HEALTHIER LIVING

Regular consumption of walnuts helps in lowering cholesterol levels, control blood sugar, and improve cardiovascular function.

These delicious nuts contain unsaturated fats, little cholesterol, and an antioxidant compound that supports the immune system and appears to have several anti-cancer properties.

And then there's omega-3— a special type of protective fat the body cannot manufacture.

For us, they're a delicious way to add extra nutrition, flavor and crunch.

(check out our **WORD UP** page for more healthy living terms)

