

Nuts and Seeds

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

watermelon

hazelnut

almond

sesame

chia

sunflower

pumpkin

brazil

poppy

fava

pistachio

filbert

cashew

pecan

flax

chickpea

pepitas

peanut

hemp

pine