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| Almond and Walnut comboRecipe by Stanford Health Improvement Program |  |

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| Ingredients | Directions |
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| 1 cup | Raw unsalted walnuts |
| 1 cup | Raw unsalted almonds |
| 1 cup | Roasted Almonds |
| ¼ tsp. | Salt |
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| 1. Add ingredients into food processor and blend for 8-10 minutes.
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