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| Almond and Walnut combo Recipe by Stanford Health Improvement Program |  |

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