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Child Nutrition Simplified

Almonds

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Details

Almonds contain lots of healthy fats, fiber, protein, magnesium and vitamin E. The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels.

Ingredients



5 No.(5.0 gm) Almond

Method (Step-By-Step)

- **Not available currently**

We are working on this recipe, step by step method will be available shortly.