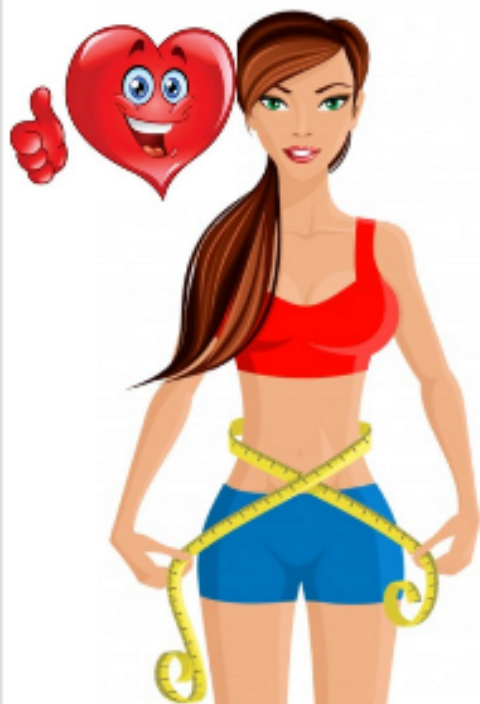


Toasted Nuts & Seeds With Seaweed For Heart Health & Weight Loss!

烤坚果和种子伴紫菜为心脏健康和减肥!



Studies suggest that consuming about 30g (a handful) of nuts & seeds per day may reduce the risk of developing heart disease by 30-50% and reduce the risk of death from heart disease by around 20%. Nuts and seeds are rich in **Vitamins, Minerals, Omega-3 & Omega-6 fatty acids** like some **Vitamin B, Vitamin C, Vitamin E, Calcium, Magnesium, Potassium, Selenium & Proteins**, etc which are beneficial in improving digestion, promoting our growth, replenishing our energy, boosting our immune system and health of bone, brain, cardiovascular, lung, liver, spleen, stomach, kidney & skin, etc. In addition, nuts like **Chia Seeds, Macadamia Nuts & Walnuts** are high in **Omega-3 fatty acids** which help to reduce and prevent inflammation like aches, allergies, arthritis & swelling, etc.

Some studies showed that a small handful of nuts & seeds (30-50g) daily is not associated with a weight gain, and may also help to reduce the risk of obesity. The healthy fats in nuts & seeds can help you feel fuller, which helps to control appetite. For ideal weight management, best to consume nuts & seeds together with plenty of vegetables & fruits. In fact, they are healthier snacks substitute than less healthy foods such as muffins, biscuits, cakes, chips and chocolate, etc.

Serving size: 1 glass jar of 550 grams.

Prep Time : 15 mins

Cook Time : 15 mins

Total Time : 30 mins

Benefits: Helps in improving allergies, arthritis, digestion, promoting our growth, replenishing our energy, boosting our immune system and health of bone, brain, cardiovascular, lung, liver, spleen, stomach, kidney & skin, etc. **Aid in weight loss.**

Ingredients

(1) Chia Seeds – 1 packet of 50 grams. Wipe them with a paper towel to remove its impurities.

(2) Macadamia Nuts – 1 packet of 100 grams. Wipe them with a wet clean cloth to remove its impurities.

(3) Pumpkin Seeds – 1 packet of 100 grams. Wipe them with a wet clean cloth to remove its impurities.

(4) Sunflower Seeds – 1 packet of 100 grams. Wipe them with a wet clean cloth to remove its impurities.

(5) Sliced Almonds – 1 packet of 100 grams. Wipe them with a wet clean cloth to remove its impurities.

(6) Walnuts – 1 packet of 100 grams. Wipe them with a wet clean cloth to remove its impurities.

(7) Grilled Seaweed – 2-3 sheets. Crush into tiny pieces or use a grinder to grind it into tiny pieces. **Adding Seaweed is to help neutralize the heatiness in Nuts & Seeds.**

(8) Sea Salt – 2-3 teaspoons or as desired. **Adding Sea Salt is to help neutralize the heatiness in Nuts & Seeds.**

***Recommended daily intake: Seaweed 10-20 grams, Nuts & Seeds 30-50grams.**

Preparation

(1) Heat up a frying pan on middle-low flame for 2-3 minutes. After 3 minutes, add **Macadamia Nuts & Walnuts**, then fry constantly for 3-5 minutes or till they turn to a light brown color.

(2) After 5 minutes, add in **Pumpkin Seeds and Sunflower Seeds**, then fry constantly for 2-3 minutes or till they turn to a light brown color.

(3) After 3 minutes, add in **Sliced Almonds**, then fry constantly for 1-2 minutes or till they turn to a light brown color.

(4) After 2 minutes, add the **Chia Seeds, Crushed Seaweed & Sea Salt** to the **Toasted Nuts & Seeds**, then stir well. Let the **Toasted Nuts & Seeds With Seaweed** cool down before putting it into a glass container. For freshness, keep it in a cool place and not more than 4 weeks because if it is kept too long, it will turn rancid and may cause irritation to the lining of your stomach & intestines, which symptoms are diarrhea, nausea or vomiting and affect individuals with sensitive stomach. The long-term effects are more troubling because the rancid oils in nuts will develop potentially toxic compounds that promote inflammation and are carcinogenic.

Note

(1) Suitable for everyone and **especially for those who want healthy natural sources of proteins & Vitamin B complex in your diet or as healthy snacks.**

(2) Moderate intake or avoid of Nuts for those who are allergic to nuts because nuts may cause symptoms like abdominal cramping, abdominal pain, diarrhea, nausea, skin allergies, swelling in the throat, vomiting and wheezing, etc.

(3) Excessive consumption of Nuts may affect individuals with diverticulosis and anaphylaxis issues so do consume **in moderation**.

(4) Moderate intake of Nuts & Seeds for those who have chronic diarrhea or weak stomach because some of their carbohydrates are not fully digestible and may cause stomach bloatedness or aggravate their conditions.

(5) For those who are on **hypothyroidism medication**, take in moderation BUT for those who have **hyperthyroidism**, to avoid taking because the iodine in **Seaweed** may increase thyroid hormones level.

(6) Moderate intake of Seaweed for those who have **Gout and Skin Allergies** because **Seaweed** may aggravate its symptoms.

(7) Seaweed have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.

(8) Seaweed might increase the **risk of bleeding during and after surgery**. Stop taking **Seaweed** at least 2 weeks before a scheduled surgery.