



COOL BEAN,  
MIDDLE  
EAST



**Healthy Food**  
the gift you give yourself.



### Daily Scoop Nutrition Trivia

1. Name the plant-protein that rhymes with green.
2. Vitamin D for strong bones comes from where?
3. Bean variety that hummus is made from?



December. Apples, leafy greens, garbanzo beans.

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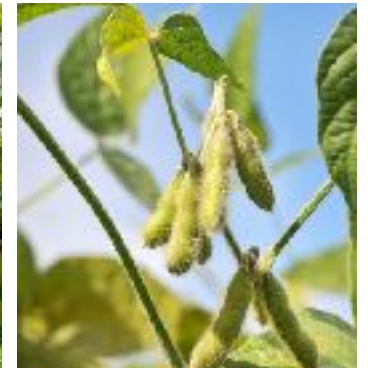


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