



**1oz (24 whole) Almonds
+ 1/2 cup Blueberries**



**1oz (14 halves) Walnuts
+ 1 Apple**



**1oz (12 whole) Macadamia Nuts
+ 1 cup Grapes**



**1oz (18 whole) Cashews
+ 1/3 cup Dried Cranberries**



**1oz Sunflower Seeds
+ 1 Medium Banana**



**1oz Pumpkin Seeds
+ 1 cup Blackberries**