Nuts and Seeds

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| D | O | I | H | C | A | T | S | I | P | C | O | R | Z | Z | N | S |
| F | E | M | S | E | S | A | M | E | F | H | X | Z | E | A | C | H |
| I | B | R | A | Z | I | L | Y | T | Z | I | I | S | C | T | A | A |
| L | F | V | V | S | P | A | Z | F | W | A | P | E | T | M | S | Z |
| B | F | R | E | W | O | L | F | N | U | S | P | S | L | J | H | E |
| E | E | R | B | O | P | F | P | A | N | U | A | M | N | M | E | L |
| R | N | S | E | A | P | Z | H | H | V | J | Q | L | R | Z | W | N |
| T | I | A | D | L | Y | I | R | E | C | A | D | W | M | L | D | U |
| G | P | S | O | W | V | R | Q | M | C | N | M | A | V | O | F | T |
| R | C | F | C | G | V | Q | Q | P | K | C | P | T | L | E | N | U |
| P | S | P | U | M | P | K | I | N | B | P | K | E | B | M | C | D |
| J | C | O | X | I | B | E | J | X | J | Q | U | R | X | V | Q | K |
| S | N | V | Q | Y | S | A | T | I | P | E | P | M | T | Q | H | U |
| E | P | A | G | R | G | W | J | B | B | C | C | E | E | J | V | M |
| B | N | H | Q | V | T | P | E | A | N | U | T | L | D | J | J | X |
| T | N | C | H | I | C | K | P | E | A | Q | Q | O | G | O | X | D |
| G | R | G | T | T | X | A | L | F | T | W | Y | N | O | Z | G | Y |

   hemp       watermelon       pumpkin       poppy       almond       brazil       cashew       chia       chickpea       fava       filbert       flax       hazelnut       peanut       pecan       pepitas       pine       pistachio       sesame       sunflower