

Dried Beans

CREATE
HEALTHY CHOICES



- Great source of protein and soluble fiber.
- Soaking beans overnight and rinsing before cooking will remove gas-forming components in beans.
- Supports a healthy digestive tract.
- Try cooking and blending beans for a boost of protein in smoothies, baked goods, breakfast dishes, Mexican dishes, and veggie dishes.

CREATE SNAP-ED
BETTER HEALTH

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