

Superfoods

N	S	P	A	P	I	N	E	A	P	P	L	E	S
N	N	S	U	G	A	R	A	P	S	A	R	R	E
R	W	A	L	N	U	T	S	E	B	A	E	I	A
E	E	A	S	R	N	A	H	P	E	M	G	N	R
G	A	R	L	I	C	E	L	P	E	E	A	O	L
S	P	I	N	A	C	H	S	E	T	B	B	M	S
S	E	I	R	R	E	H	C	R	S	E	B	A	G
N	L	I	P	B	N	P	I	S	E	A	A	N	I
S	E	I	R	R	E	B	P	S	A	R	C	N	S
S	D	N	O	M	L	A	E	R	E	G	N	I	G
P	E	G	R	C	E	T	U	M	E	R	I	C	L
I	N	O	M	L	A	S	E	D	G	K	A	L	E
S	E	I	R	R	E	B	E	U	L	B	G	S	E
E	A	S	T	O	M	A	T	O	E	S	R	N	O

GINGER
 ALMONDS
 PEPPERS
 TURMERIC
 RASPBERRIES
 SALMON
 PINEAPPLES
 WALNUTS
 KALE
 SPINACH
 BEETS
 CABBAGE
 BLUEBERRIES
 CINNAMON
 ASPARAGUS
 TOMATOES
 CHERRIES
 GARLIC

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