



# ALFALFA

With a mild flavor and a mild crunch, alfalfa microgreens go well with just about any dish.

## THE FLAVOR

Alfalfa microgreens have a mild and nutty flavor.

## HEALTH ADVANTAGE

Alfalfa microgreens, due to their nutrient-dense composition, provide a variety of health advantages, including antioxidant protection, dietary fiber to assist with digestive health, and due to certain compounds found in alfalfa, such as alkaloids and saponins, there is possible cholesterol-lowering effects and potential blood sugar regulation, making them a delightful and healthy addition to your diet.

### VITAMINS

A

B

C

E

K

### MACRO-ELEMENTS

Calcium

Magnesium

Phosphorous

### MICRO-ELEMENTS

Iron

Carotene

Chlorophyll

Zinc

Amino Acids

### OUR FAVORITES

#### EXTRA TEXTURE

Salads

Sandwiches

#### GARNISH

Avocado Toast

Stir-fries

Noodle Dishes

#### ADD NUTRIENTS

Smoothies

Stews