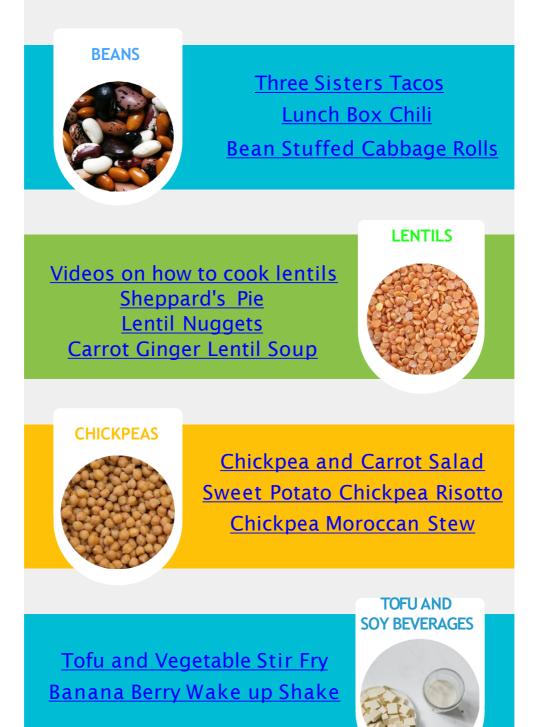
Plant-Based Proteins What are they and how to use them.

Canada's food guide recommends choosing protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for your heart health. Here are some plant-based proteins and recipes you can try.



NUTS AND SEEDS



Blueberry Smoothie Bowl Yogurt Banana Split Peanut Butter and Fruit Poutine