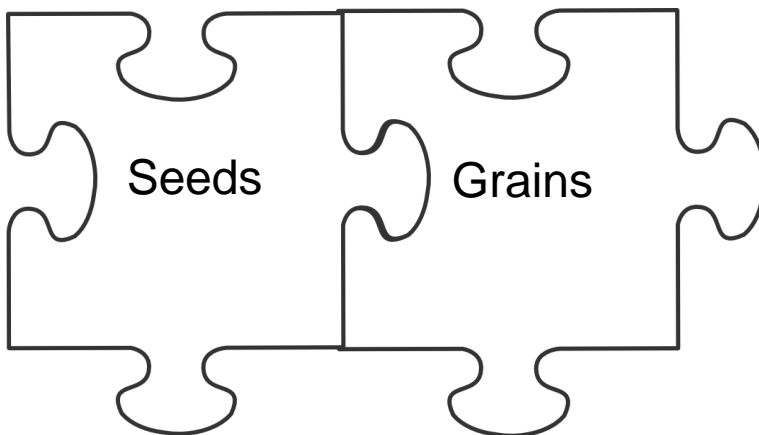
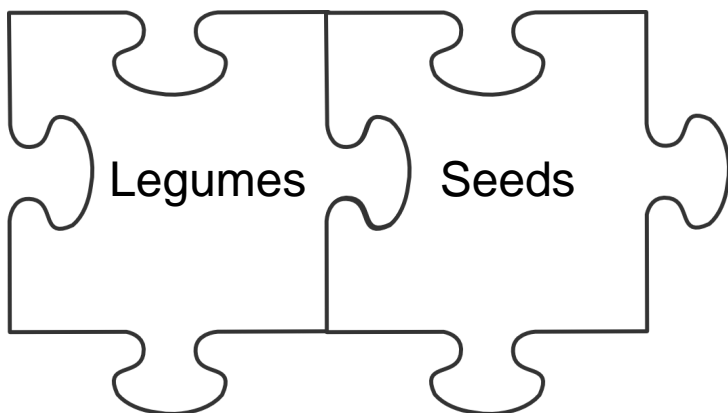


Completing Proteins



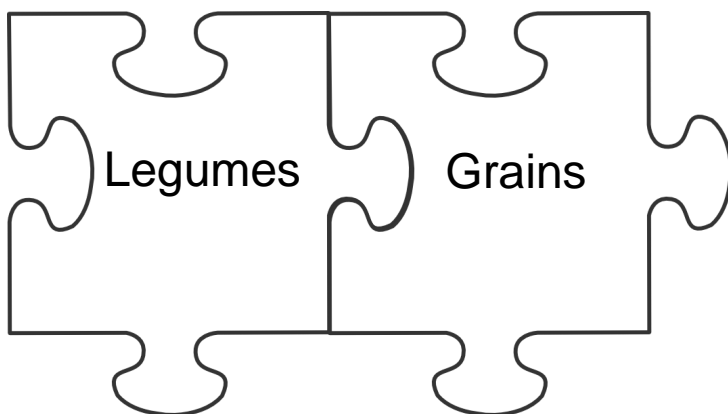
Examples:

Sesame Seed Muffins
Granola
Brown Rice & Sesame
Seeds
Sunflower Seed Pancakes
Nut Loaf
Sesame Noodles



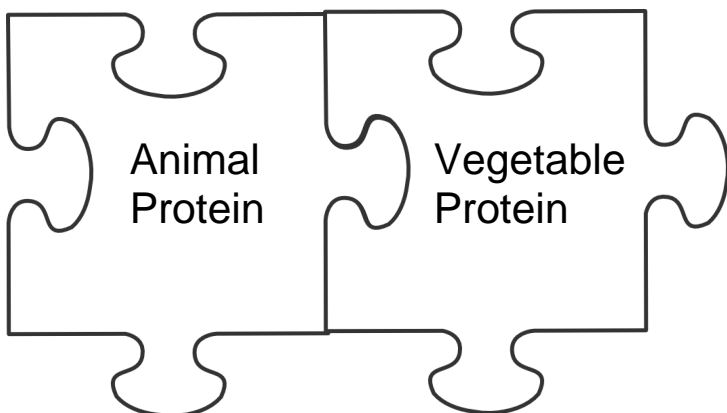
Examples:

Sesame Lima Casserole
Baked Beans and Sunflower
Seeds
Bean and Nut Salad
Pea Soup and Sesame
Crackers
Chick Peas and Sunflower
Seeds



Examples:

Baked Beans and Bread
Peanut Butter Sandwich
Pea Soup and a Sandwich
Rice and Red Beans
Lentils and Rice
Peanut Bread



Examples:

Macaroni and Cheese
Cereal and Milk
Peanut Butter Cookies and
Milk
Cheese Sandwich

Guidance for Vegetarians