

# better nutrition

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## november natural selections



Here's a line of nut butters that has it all. New **Earth Balance Almond Butter**, **Creamy Peanut Butter**, and **Crunchy Peanut Butter** are

vegan, sweetened with natural agave syrup, and infused with flaxseeds, which means they're jam-packed with omega-3s. Made with expeller-pressed oils that keep them from separating, these nut butters are free of GMOs, gluten, trans fat, and hydrogenated oils. ✦