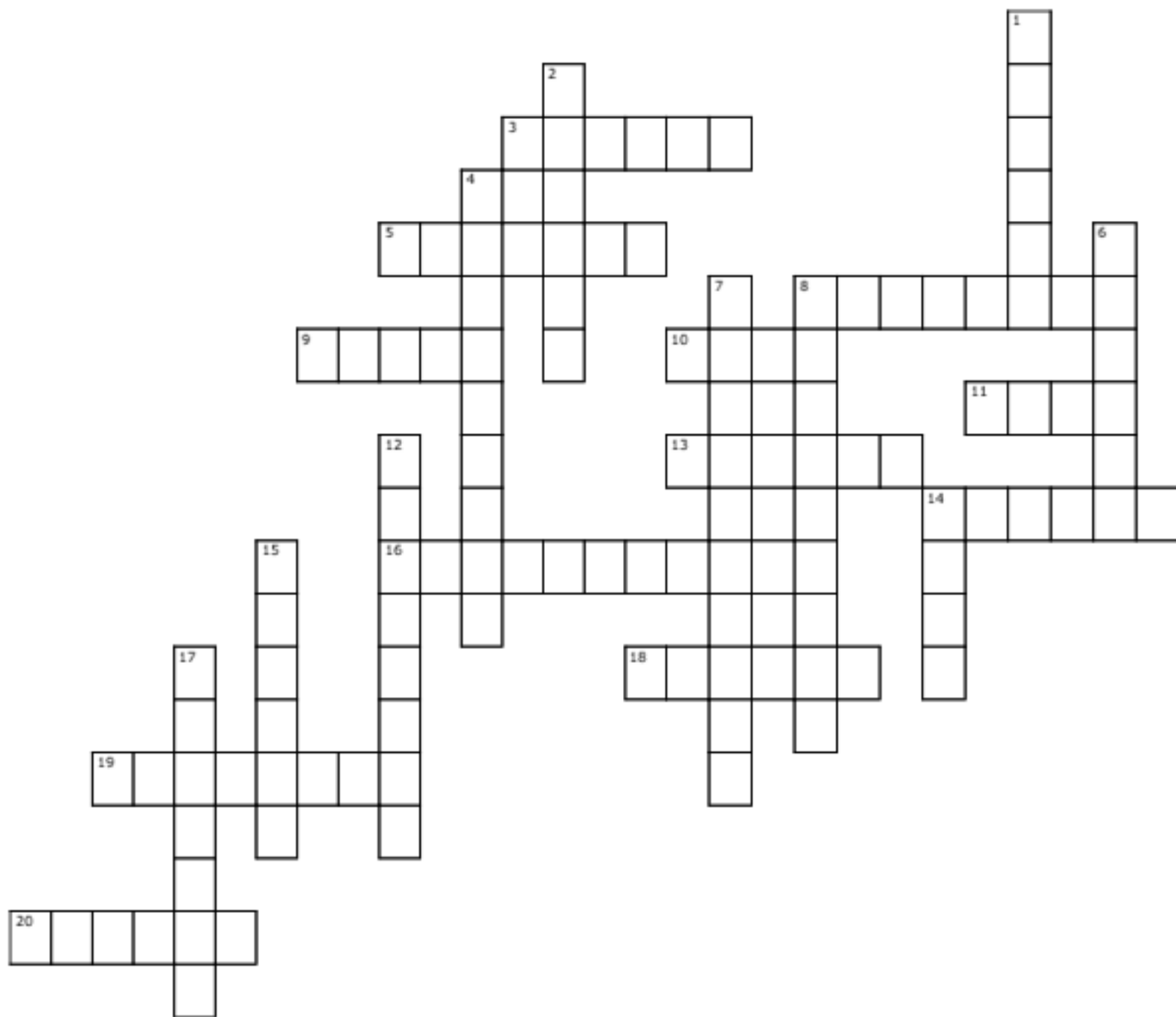


# Feed Your Bean - Vegan Crossword Puzzle



## Across

3. Nut that is rich in Omega-3
5. Leafy Green that improves mental focus
8. Edible Mushroom
9. Tea with the highest antioxidant properties
10. Seed that are plant based protein
11. Seed used for egg substitute
13. Deep soil root vegetable
14. Bean that is rich in Omega-3
16. Plant blood
18. Fruit used for an egg substitute
19. Member of the ginger family that is a natural Liver detoxifier
20. Fruit that relaxes your blood vessels

## Down

1. Super food that doesn't contain gluten
2. Fruit high in protein
4. Fruit that prevents plaque (teeth)
6. Seed that aids in building stronger bones
7. Powerful pigment found in Beet Root
8. A Blue-Green Algae that can be consumed by animals and humans (Complete Protein)
12. Legume, whose flavor is used in sweets & medicine
14. Leafy Green richer in iron than beef
15. Nut that helps lower bad cholesterol
17. Herb that aids in fluid retention