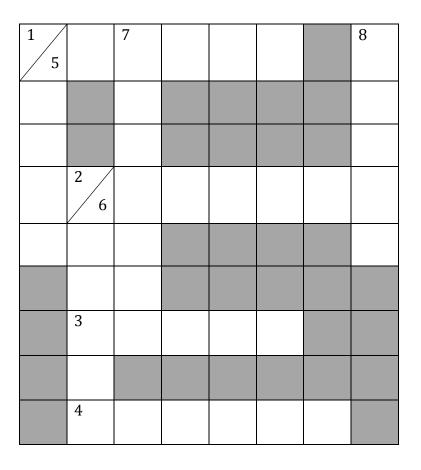
Nutria-Puzzle

*Rajalakshmy.P



Across

- 1. The Nut Grow In The Roots. rich in MUFA
- 2. The biggest nut, good for heart for its medium chain fatty acid
- 3. The nut used in confectionary, rich in protein and MUFA
- 4. Brain Shaped Nut also good for brain, rich in PUFA

Down

- 5. Nut has butter flavor, rich in MUFA
- 6. A nut seen outer of the fruit, also a tastiest snacks
- 7. Helps to rise the level HDL, rich in vitamin-E
- 8. A green color nut, rich in MUFA