

# Afternoon

## ENERGY

Whole Grain and Pure Snacks  
Quality of Life Upgrades



EDEN FOODS.



Europeans take whole grain cereal, hot or cold, as a bracing and energizing meal throughout the day, from early morning to late evening. Whole grain EDEN Flakes are pure, delicious, and purifying. Couple them with EDEN Snacks of organic nuts, seeds, and dried fruit, and the quality of your life will surely improve.

Free recipes at [edenfoods.com](http://edenfoods.com)

