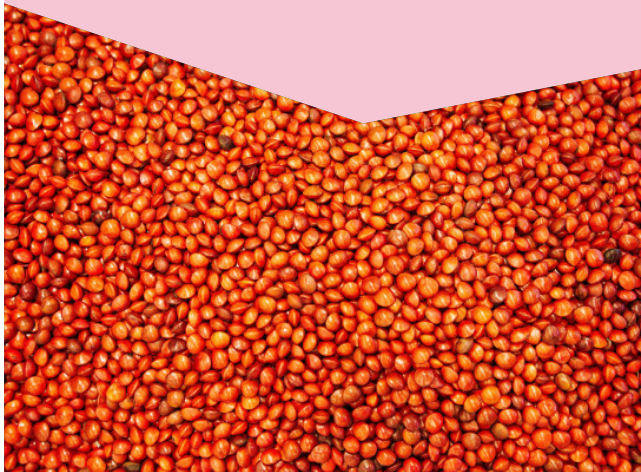


Hello all
legume lovers!
I am Rob Red Lentils.



ROB RED LENTILS

I am full of proteins that are building blocks for the muscles in the body, fibers that are good for the stomach and a lot of other benefits!



DID YOU KNOW THAT...

... there are also other lentil friends in different colors? We have green, yellow, brown and black lentil friends, and together we are like a colorful family of healthy legumes!



LEGUMES

Legumes are a group of plants that are really special! They are called "legumes" because they all have small "jackets" or "pods" (pea pods) called pods, where they hide their seeds while they grow.



Legumes are like a large family of plants that are both good to eat and superheroes for our body!