



Nuts

Tree nuts (e.g., almonds, hazelnuts, walnuts) are common allergens. Reactions range from mild (itching, hives) to severe (anaphylaxis). Often included in muesli; cross-contamination possible in processing.

Nutrients

Recipe preparation steps



Hives, Swelling, Itching or Tingling in the Mouth, Abdominal Pain, Nausea or Vomiting, Diarrhea, Difficulty Breathing, Anaphylaxis



Avoidance of Nuts, Antihistamines, Epinephrine Auto-Injector, Emergency Medical Care, Allergy Testing, Reading food labels, Education and Awareness

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