

**ientovida!**  
NUTRITIOUS FOOD

Ingredients: Grasshoppers, chili, garlic, salt & lemon

# CHAPULINES

Are you ready for the newest and most amazing food trend? **Chapulines!** (Pronounced: Chap-u-lean-ez.) A Mexican delicacy, their origins are traced back to the 16th century and used as a sustainable source of protein. Foodies love them. Roasted and seasoned with chile powder and lime, they are a classic Mexican snack. Kids like them too, they see them as a fun adventure. Their size makes them a perfect snack or garnish.



**1 ounce** snack bags; and **1 pound** bulk reusable plastic grip jars.

The best-known region in Mexico for them is Oaxaca. They're sold in street markets, piled high, and by the scoop. A great source of sustainable protein, a 3.5-ounce serving of raw grasshoppers contains between 14 and 28 grams of protein, which is a lot for such a small serving. That translates to between 30 and 60 percent of the 46 grams of protein women need each day and between 25 and 50 percent of the 56 grams men need on a daily basis.

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