

FUEL UP

# Superb Sunflower Seeds

These delicious nuggets are usually eaten with the outer shell removed. They're a great source of vitamin E and minerals, and have a satisfying crunch.

## TOP ALMOST ANYTHING

Sprinkle on salads, yogurt, pasta, rice, hot cereals, roasted veggies, or soup.

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## GO FOR SMOOTH

Try sunflower seed butter instead of peanut butter or other kind of nut butter – on a cracker, in a smoothie, or in your favorite curry dish.

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## ADD CRUNCH

Mix hulled sunflower seeds into cabbage, carrot, or broccoli slaw.

