

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.

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.

ADD CRUNCH

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

