

# Sunny Sunflower Seeds

Often roasted to enhance flavor, they are packed with healthy fats, vitamin E, and selenium. More reasons to love sunflowers!



## THAT'S A WRAP

Combine with hummus and leafy greens for a crunchy, plant-based sandwich.

## SPREAD IT

Try sunflower seed butter in all the ways you enjoy peanut butter.

## ADD

Include a handful on your salad, oatmeal, or bowl of yogurt with fruit.