



the source
BULK FOODS

Sunflower Seeds Organic



These raw Sunflower Seeds, or kernels, are Certified Organic and non GMO; sustainably grown in Australia and processed without the use of any artificial inputs. They are hulled from the outer husk and are ready to eat, or cook, free from added preservatives. Sunflower seeds have an irresistible smooth, nutty flavour, fresh aroma and crunchy texture. Perfect for snacking, Sunflower Seeds make a tasty addition to breakfast, salads, raw or baked goodies. Sprinkle over savoury dishes, or grind seeds to a meal for LSA, crumbing and baking.

How to Use:

Raw Sunflower Seeds are delicious for snacking on their own, or mixed with dried fruit and nuts. Add them to muesli, porridge, acai bowls, smoothies, or yoghurt. Use sunflower seeds to add scrumptious crunch to raw food snacks and treats, energy balls and muesli bars. These hulled Organic Sunflower Seeds are wonderful in home-baked bread, muffins and cookies.

Add them raw to the dough mix, or to get a lovely toasted flavour and colour sprinkle on top of goodies for the last 5

minutes of baking. Seeds can also be lightly toasted in a low oven or dry pan, for delectable toppers to sprinkle over salads and hot dishes.

Ground seed-meal can be combined with ground almonds and linseeds for fresh LSA, or used on its own in place of flour. Replace up to a $\frac{1}{4}$ of flour with sunflower seed meal in baking recipes. Add to veggie burger mix or use the meal in chia puddings; stuffing for capsicums, mushrooms or roasts; gluten free gratins and to crumb eggplant parmigiana, fish or meat.

Ingredients:

Organic Sunflower seeds.

Preservative Free, Non GMO. Paleo.

Allergens:

No Known Allergens. May contain allergens. **This product may have been manufactured, packaged and/or stored in a facility that processes nuts, dairy, gluten, soy, sesame seeds, sulphites, eggs and/or other allergens.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 12 months when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
50 g		
	Average Quantity Per Serving	Average Quantity Per 100 g

Energy	1200 kJ	2400 kJ
Protein	11.4 g	22.7 g
Fat, total	25.5 g	51.0 g
– saturated	2.2 g	4.3 g
Carbohydrates	1.1 g	2.2 g
– sugars	1.0 g	2.0 g
Sodium	<1 mg	<1 mg