

Munchy Seeds – The Seed Nutrition Guide

OK, so we might be just a little biased, but there are SO many good reasons why you should be eating more seeds. Toasted seeds are naturally crammed with real goodies like protein, iron, fibre, vitamins and minerals, which makes them a super nutritious food for a healthy diet. They are a great source of energy, can help reduce fatigue and will contribute to healthy hair and skin, muscle and bone growth and to maintaining a healthy heart.

The rich nutrient content of seeds makes them particularly good for those wanting to lead an active lifestyle and they are a super supplement if you are managing a food allergy or follow a gluten free, vegetarian or vegan diet.

Delicious and nutritious, our seeds are of the highest quality and are GM free and Fairtrade where possible.

Sunflower seeds:

Packed with natural goodness and high in anti-oxidants, these little rays of sunshine can be found in most of our mixes. In their natural state they have a lovely creamy texture and mild flavour and once toasted they have a wonderful nuttiness that makes them hard to resist.



Sunflower seeds are nutritious, delicious and a natural source of energy. Packed with goodness, each seed is rich in vitamins and minerals, such as Thiamin (Vitamin B1), Niacin (Vitamin B3), Iron, Zinc, Phosphorus, Magnesium and Manganese, all of which help to release energy from the food you eat and maintain a healthy metabolism.

We love these sunny little seeds because they are:

A natural source of energy

High in Fibre, Protein and Iron

Gluten free

Vegetarian and Vegan

Packed with essential vitamins and minerals such as Phosphorous, Iron and Zinc

All of this means Sunflower seeds are a fabulously healthy snack and make a tasty topping for smoothies, soups and salads, which is why you can find them in a wide range of our mixes - take your pick!

Pick & Mix

Handy snacks packs - Omega Sprinkles, Sesame Sprinkles, Chilli Bites, Honey Seeds & Super Berry.

Tasty tubs - Savoury Crunch, Choccy Apricot & Choccy Ginger

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. Our Super Smooth Strawberry Smoothie Bowl is guaranteed to get your day off to flying start!

Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all your favourite dishes.

Pumpkin seeds:

A veritable smörgåsbord of goodness all wrapped up in one. Packed with vitamins, protein, fibre and minerals, these super seeds are great for your heart, liver, immune system and brain, plus they are proven to help with prostate health and relief of the menopause. Need we say more...



Pumpkin seeds have a long history as a celebrated food in many cultures, including Native American, Aztec and the Mediterranean, where they were enjoyed for their health-giving properties. As well as tasting super delicious, pumpkin seeds boost brain power and the immune system, help to maintain a healthy heart, beautiful hair, skin and nails and they also promote a restful night's sleep.

We love these super-hero seeds because they are:

A natural source of energy

High in Fibre, Protein and Iron

Gluten free

Vegetarian and Vegan

Packed with essential vitamins and minerals such as Magnesium, Zinc and Potassium

Our toasted pumpkin seeds are delicious sprinkled over salads, soups and pasta, add texture to casseroles, stews and stir-frys and will power up your breakfast smoothies – take your pick.

Pick & Mix

Handy snacks packs - Omega Sprinkles, Sesame Sprinkles, Chilli Bites, Honey Seeds & Super Berry.

Tasty tubs - Savoury Crunch, Choccy Apricot & Choccy Ginger

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. Our delicious Mexican Kale Salad with Toasted Chili Bites will definitely spice up your life!

Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all of your favourite dishes.

Mexican Kale Salad with Toasted Chilli Bites

Linseed:

Also known as common flax, these ancient seeds are a perfectly packaged powerhouse of natural goodness. Being high in omega-3 essential fatty acids, plant lignans and natural fibre, they are seriously good for your heart, soul and bowel. We like to think of them as our 'movers and shakers'!



Grown since the dawn of civilisation, Linseed is one of the oldest known crops and it comes in two colours, golden and brown. Packing a powerfully nutritious punch, they are high in omega 3 fatty

acids, which play an important role in maintaining cholesterol levels, and natural fibre which is good for the bowel.

We love these power punching seeds because they are:

A natural source of energy

High in protein and iron

Rich in natural fibre

Gluten free

Packed with essential vitamins and minerals such as Magnesium, Calcium, Vitamin B1 & B6

Toasted linseeds are great for adding texture to your soups, salads and stir-fry's and eaten regularly will help you stay regular!

Pick & Mix

Handy snacks packs - Omega Sprinkles & Super Berry.

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. Try our Miso Noodle Jars and you will never need to think about what to have for lunch again!

Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all of your favourite dishes.

Sesame seeds:

Nutty and delicious, these tiny seeds are great for sprinkling over just about anything. High in natural oils, vitamins and minerals, including zinc and calcium which are great for promoting healthy skin, hair and bones, they work hard at keeping you healthy inside and out.



The nutritional benefits of Sesame seeds have a long history as they have been cultivated around the world for over 3,500 years. They are rich in calcium which promotes healthy skin, hair, nails and

bones, and natural fibre which boosts our metabolism to increase our energy levels and keep us fighting fit.

We love these nutty little seeds because they are:

A natural source of energy

High in Fibre, Protein and Iron

Gluten free

Vegetarian and Vegan

Packed with essential vitamins and minerals such as Zinc, Phosphorus and Magnesium

Sesame seeds have a lovely nutty flavour which is enhanced through our gentle roasting process and makes them perfect for mixing into salads, soups, stews and stir-frys – take your pick.

Pick & Mix

Handy snacks packs - Omega Sprinkles & Sesame Sprinkles.

Tasty tubs - Omega Sprinkles & Sesame Sprinkles.

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. Our Chargrilled Red Pepper & Tomato Soup is like a warm hug on a cold afternoon.

Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all of your favourite dishes.

[Link to recipe page](#)

Chargrilled Red Pepper & Tomato Soup

Rapeseed:

Locally grown by our friends at Hillfarm Oils, these tiny black seeds contain a rich golden oil that is high in omega 3,6 and 9 and are packed full of vitamin E, protein and fibre. Delicious mixed through salads, soups and stir-frys they will keep you well-oiled all day long.



Rapeseed may be tiny but they are also powerful, being high in fibre and containing a rich source of protein – the perfect combination if you need to keep your foot on the pedal all day. They also have

high levels of essential fatty acids which are important for healthy brains, joints and circulation and it's great that they are grown just up the road by Hillfarm Oils so we don't have far to go when we need a top up.

We love these black beauties because they are:

A natural source of energy

High in Fibre, Protein and Iron

Gluten free

Vegetarian and Vegan

Packed with essential vitamins and minerals such as Zinc, Phosphorus and Magnesium

Rapeseed is delicious when mixed into salads, soups, stews and stir fries and just a sprinkling allows everyone to have a daily fix of everything that is good for you.

Pick & Mix

Handy snacks packs - Omega Sprinkles

Tasty tubs - Omega Sprinkles

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. We guarantee our Scrummy Olive and Tomato Pasta dish will soon become a family favourite.

Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all of your favourite dishes.

[Link to recipe page](#)

Scrummy Olive and Tomato Pasta– [image](#)

Chia seeds:

Chia is the ancient Mayan word for strength, and these tiny seeds have a very high level of fibre, omega 3 fatty acids and protein. This unique combination means they are digested slowly and will provide you with slow release of sustainable energy all day long. Why not find your inner strength?



Chia seeds come from a species of flowering plant in the mint family that originates from Central and South America. Of all the seeds we process, Chia seeds have the highest level of fibre so are great at

satisfying hunger throughout the day. They are also hydrophilic, which means that they absorb liquid to form a jelly-like coating, making them rather fun to eat – like tiny pomegranate seeds that go pop in your mouth.

We love these satisfying seeds because they are:

A natural source of energy

High in Fibre

High in Protein and Iron

Gluten free

Packed with essential vitamins and minerals such as Zinc, Phosphorus and Magnesium

Toasted Chia Seeds are great for thickening up your soups and smoothies and delicious sprinkled over yoghurt or cereal.

Pick & Mix

Handy snacks packs – Super Berry

Tasty tubs – Super Berry

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. Kickstart your mornings with our Super Berry Granola – in fact why save this for breakfast? We love it as a healthy bedtime snack as well!

Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all of your favourite dishes.

Hemp seeds: -

We only use the hulled hearts of these soft buttery seeds, allowing you to enjoy the wonderful rich flavours and their highly beneficial nutritional value – try saying that with a mouth full of seeds! They contain all eight essential amino acids and are packed full of vitamins – just one spoon a day will help keep the doctor away.



Hemp seeds are fast becoming recognised as a 'superfood' as they have such a rich nutritional profile and provide a range of health benefits. Just one sprinkling a day will help with maintaining a healthy heart and brain, boosting your immune system and improving your skin. How fabulous!

We love these big-hearted seeds because they are:

A natural source of energy

High in Fibre

High in Omega-3 fatty acids

Gluten free

Packed with essential vitamins and minerals such as Potassium, Phosphorus and Magnesium

With their mild nutty flavour, Hemp seeds are perfect for sprinkling over soups and salads and mixing into stir-frys.

Pick & Mix

Handy snacks packs – Omega Sprinkles

Tasty tubs - Omega Sprinkles

We have also created some delicious recipes that allow you to introduce all your family and friends to our nutritious range. Our Butternut Squash and Butter Bean Omega Burgers are quite a mouthful! Take a look at our recipe page for some great ideas that will soon have you adding a sprinkle to all of your favourite dishes.