

SUNFLOWER KERNEL

Product Profile Fact Sheet

U.S.-grown sunflower kernels are a nutrient-dense, versatile, and cost-effective alternative to traditional nuts, making them an excellent ingredient for today's better-for-you snack products. With their mild flavour, pleasant crunch and impressive health profile, including protein, fibre, vitamin E, zinc, folate, and phytochemicals, sunflower kernels deliver both taste and nutrition in every bite.

Their low moisture content and strict food safety standards also ensure premium quality and reliability for manufacturers. That's why innovative brands like [Hippie Snacks](#) and [Ozery Bakery](#) are incorporating sunflower kernels into their products, creating wholesome, delicious snacks that meet the consumer demand for healthier, plant-based options. Check out their compelling testimonials below.

HIPPIE SNACKS

[Hippie Snacks](#) is a proudly Canadian brand committed to plant-based, minimally processed ingredients, crafting delicious snacks inspired by whole foods. As one of Canada's founding Certified B Corporations, they use their business as a force for good, taking bold steps to create better-for-you products. Sunflower kernels play a key role in their granola line, valued for both their nutty crunch and impressive nutritional profile. "We chose sunflower kernels because they're a powerhouse of plant-based protein, healthy fats and essential vitamins like vitamin E," says Peter Chu, Marketing Manager at Hippie Snacks. "They help us create a granola that's both satisfying and nutrient-dense, and their natural, earthy flavour pairs perfectly with our other whole-food ingredients."

OZERY BAKERY

[Ozery Bakery](#) is a Canadian brand dedicated to crafting wholesome, better-for-you snacks that prioritize both taste and nutrition. Committed to using high-quality ingredients, all products are free of artificial flavours and colours, preservatives, additives, and GMOs. Operating in a peanut-free facility, Ozery Bakery is also certified as Kosher under the Orthodox KSA (Kashruth Supervision of America) organization. In their Seedwise Clusters, sunflower kernels play a pivotal role, delivering a satisfying crunch and a rich nutritional nut-free profile. "We use sunflower kernels because they're packed with protein, heart-healthy fats, and vitamin E," says Jashneed Kaur, Product Developer at Ozery Bakery. "They allow us to craft snacks that are not only nourishing but also flavourful, and their natural crunch perfectly complements the seeds and other wholesome ingredients in our Seedwise Clusters."

