Salted and roasted...

In the shell...

Out of the shell...

A favorite with birds...

Kids love sunseeds!
Black seeds are primarily used to make oil for cooking and salads - a "good for you" oil!

Sunny needs help finding his way through the sunflower seeds to his glasses.
Can you find these words in the puzzle?

- energy
- field
- harvest
- healthy
- kernel
- nutritious
- oil
- roasted
- snack
- sunflower
- sunshine
- yellow
Sunflower treats...

Salads... or all alone.

Cookies...

Sunflower Kernel Crunch Balls

12 oz. milk chocolate chips
1 cup chow mein noodles
3/4 cup salted, roasted sunflower kernels


Grow your own sunflowers ➔

Compliments of:

National Sunflower Association

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