Tips for Using Sunflower Seeds & Peanut Butter

Benefits
Sunflower seeds and peanut butter are a great addition to any meal! They are a good source of protein, fiber, and heart healthy fats.

Uses for Sunflower Seeds
- Sprinkle on top of yogurt for a crunch
- Mix into coleslaw
- Add to a salad in place of croutons
- Stir into tuna salad for more texture
- Add into homemade trail mix
- Mix into baked goods

Uses for Peanut Butter
- Add to smoothies
- Stir into oatmeal for extra creaminess
- Drizzle over apple slices
- Combine with whole grain crackers for a balanced snack
- Spread onto a piece of toast