



**Aging & In-Home Solutions**

A member of the connect Alliance.

## 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