



Zesty Sunflower Kernels

This quick snack is so nutrient dense and very tasty! Sunflower kernels are high in fibre, Vitamin E, B-group Vitamins, selenium, copper, magnesium, folate, iron.....and more!

Ingredients

1 c sunflower kernels

1 tbsp brown sugar

1 tsp lemon zest

Pinch of salt

Method

Toast kernels in pan over medium heat (5-7 mins), stirring occasionally so they don't burn.

Combine sugar, zest and salt in a small bowl. Sprinkle over toasted kernels. Stir until sugar melts and coats the kernels, then remove from pan.

Once cool, store in an airtight container.