

Roasted Sunflower Seeds

Ingredients: -

100g/¼lb - sunflower seeds

45ml/3 tbsp - tamari sauce

Method: -

Heat the oven to 180°/350°F/gas mark 4.

Put the sunflower seeds into a bowl and mix in the tamari sauce.

Spread the seeds onto a baking sheet and put them in the oven for

20 minutes.

Let the seeds cool on the baking sheet, then store them in an airtight

Container.

Nuts or seeds combined with another protein food, make a good substitute for meat or dairy products.

These seeds in the tamari sauce are used in salads and mixed into bread and scone dough. Good also as a before dinner snack.

Sunflower seeds contain vitamins D and E