

USA-grown sunflower kernels, a healthy addition to food innovations!

Sunflower kernels are an excellent nut alternative. Due to their low moisture content, kernels function like most other nuts and seeds and can be a cost-effective substitute in product formulations.

The U.S. offers premium quality sunflower kernels that are subject to high food safety standards.

Sunflower kernels are rich in healthy fats, protein, fiber, minerals, vitamin E, and phytochemicals - all important to the nutritional quality of our diet.

Sunflower kernels are:

- ✓ available raw, roasted and RTE
- ✓ an excellent alternative to nuts
- ✓ mild in flavor and add a pleasant crunch to food
- ✓ a good source of fiber, Vitamin E, zinc and folate
- ✓ ideal for a variety of foods including: bakery products, granola, snack bars, salad toppings and plant-based foods



Buy local USA sunflower kernel.
Contact a supplier today!