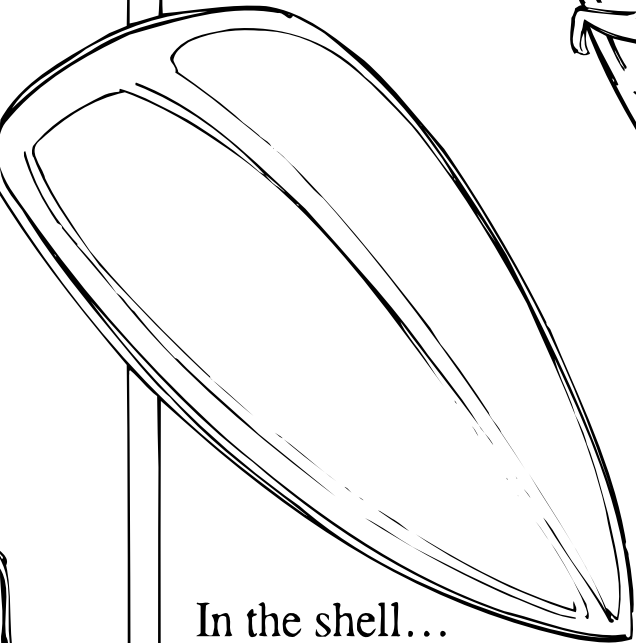
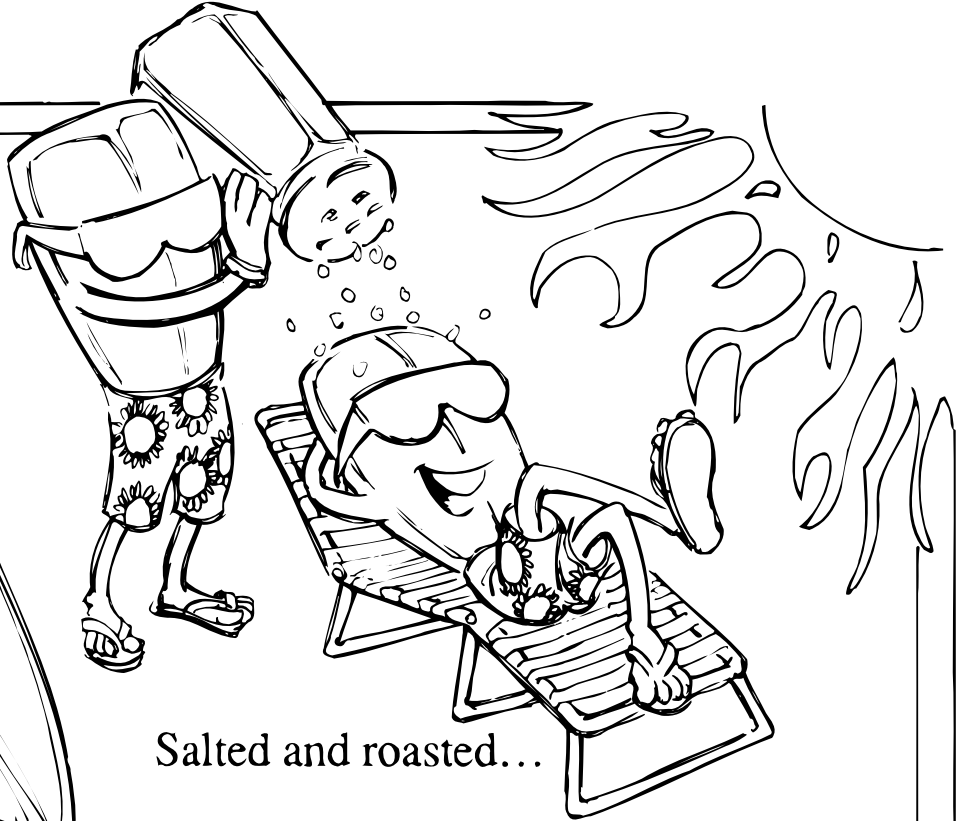


STRIPED

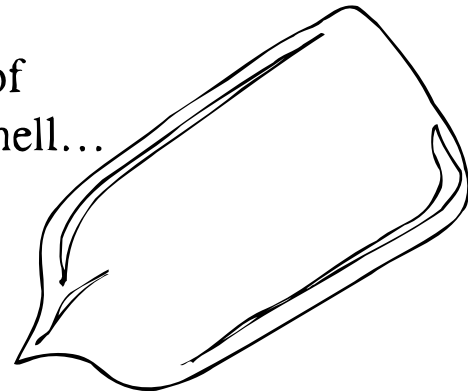


In the shell...

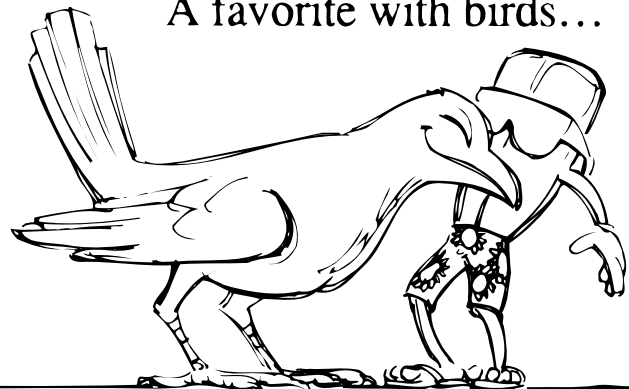


Salted and roasted...

Out of
the shell...

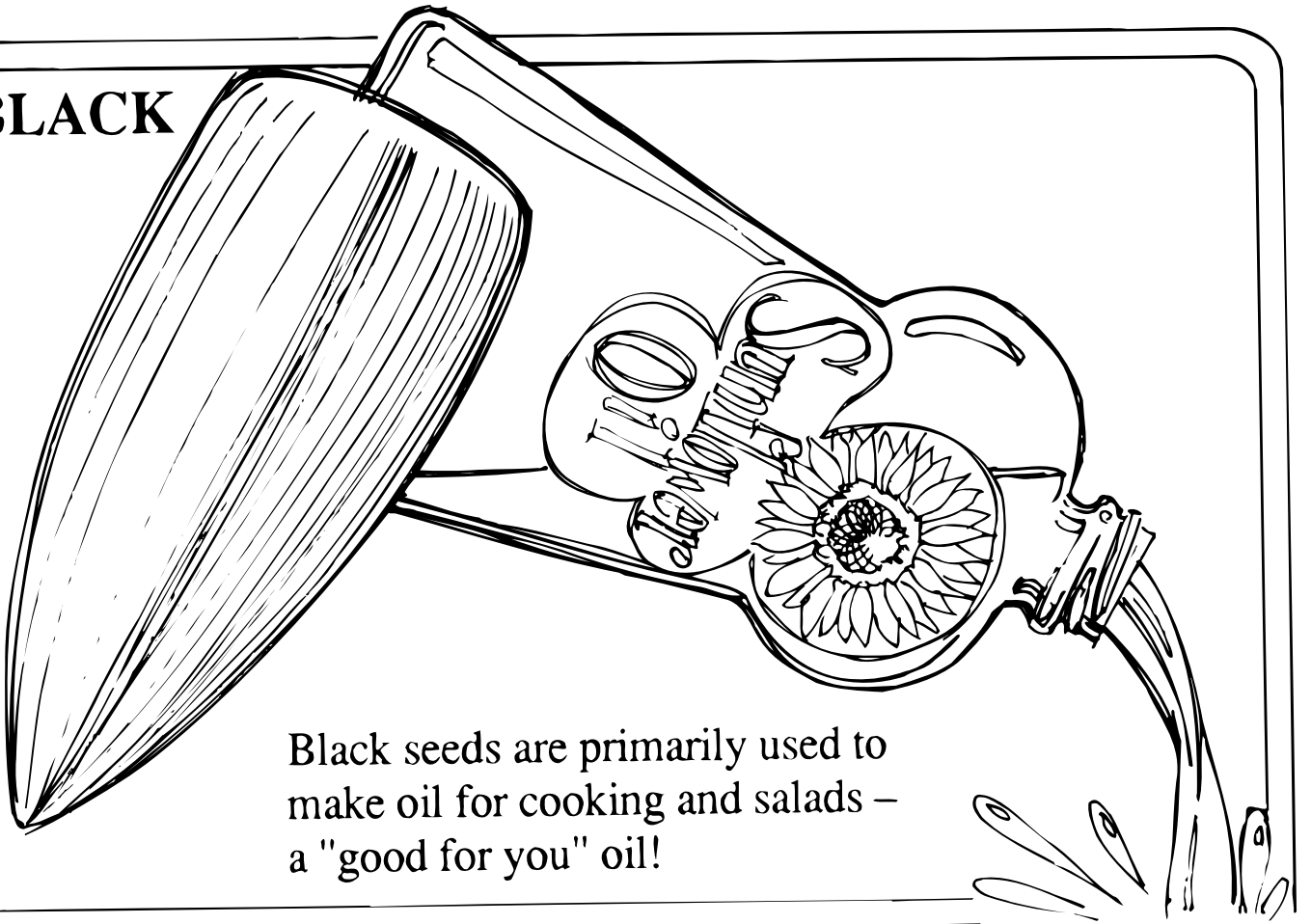


A favorite with birds...



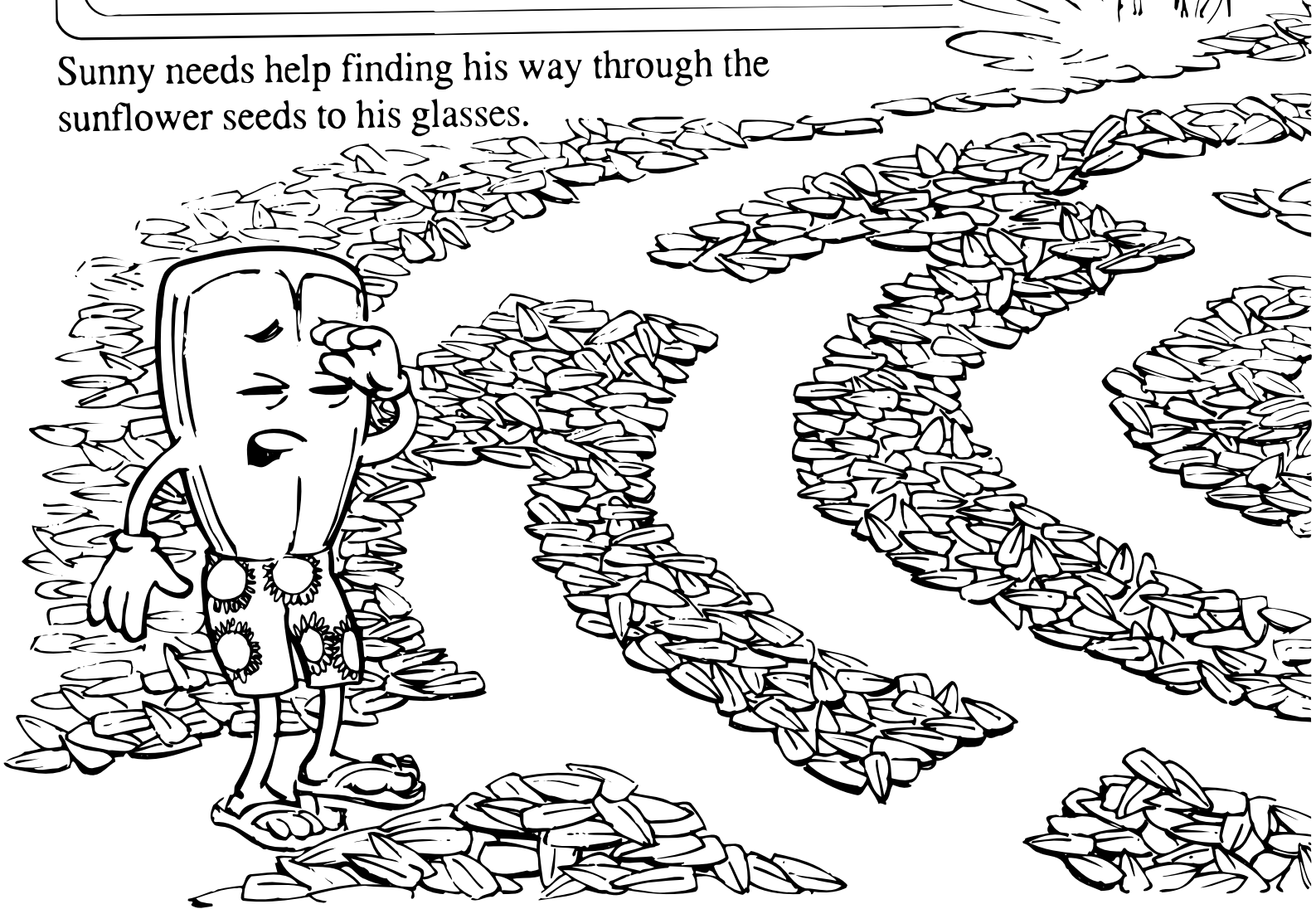
Kids love sunseeds!

BLACK



Black seeds are primarily used to make oil for cooking and salads – a "good for you" oil!

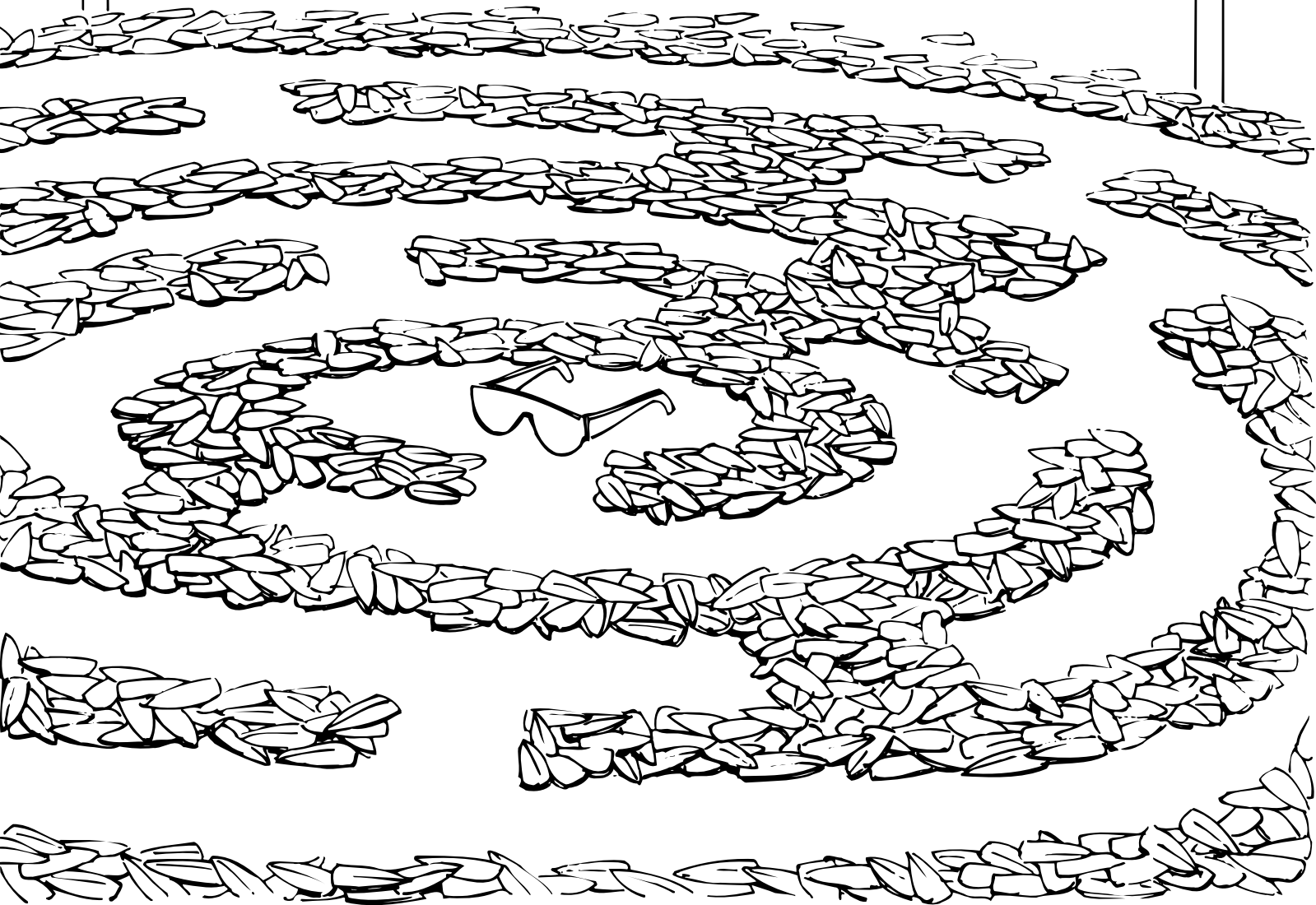
Sunny needs help finding his way through the sunflower seeds to his glasses.

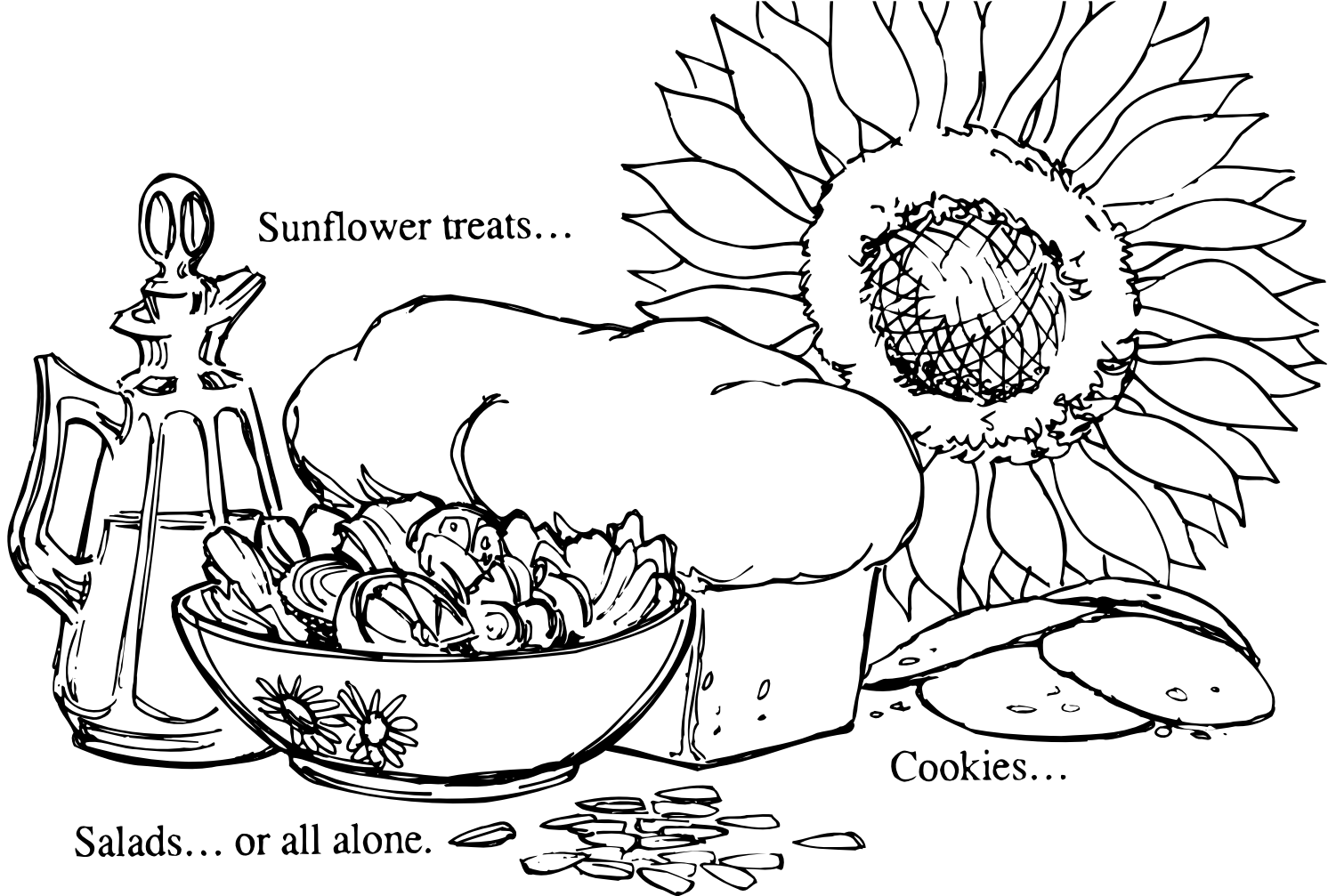


U S T R A S N A C K B K L T W Y
 C P O M P J L H E L A D F G M E
 S U N S H I N E E R S U T B N L
 T R E W O L F N U S O G K Q S L
 E O I Z W Y P O Q R U F G U H O
 N A B U Z H I R T O B M O K C W
 O S Q C Q M H M S P A I I R D Q
 G T H B S R L X E C T B L S Y U
 C E K T Y G E X V I M U P G S L
 M D J W I S G D R H O G R H X W
 A Z W A P N B T A U F E V E M T
 F J R D T F U Y H Q N K Z R X P
 V E Z L O N A Q H E A L T H Y K
 P O S E J V K X L Y R N S F D Z
 B I B I P N C E T K E R N E L V
 U N C F W Y K B Z D J R K T U T

Can you find these words in the puzzle?

- energy
- field
- harvest
- healthy
- kernel
- nutritious
- oil
- roasted
- snack
- sunflower
- sunshine
- yellow

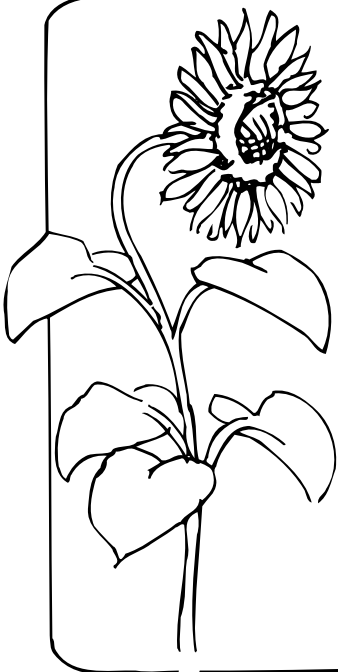




Sunflower treats...

Cookies...

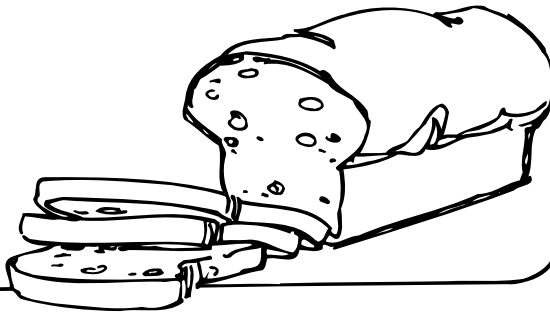
Salads... or all alone.



Sunflower Kernel Crunch Balls

- 12 oz. milk chocolate chips
- 1 cup chow mein noodles
- 3/4 cup salted, roasted sunflower kernels

Melt chocolate chips in top of double boiler over hot water. Stir in noodles and nuts. Drop by teaspoonfuls on waxed paper. Makes 24.



Grow your own sunflowers →



Compliments of:



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