






What you need:

-  Sunflower head
-  Tweezers
-  Oven (if you would like to toast the seeds)

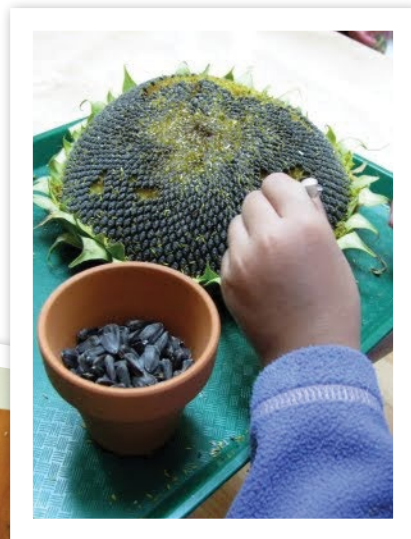
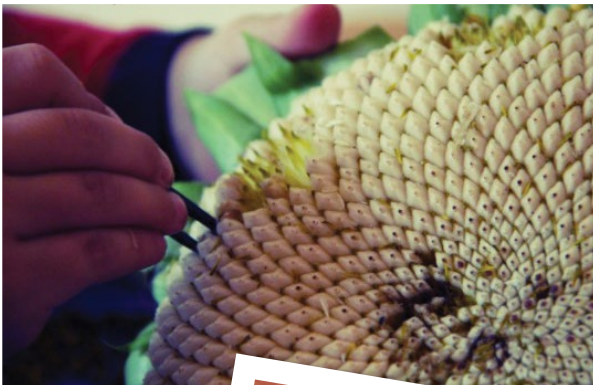
Step one

Using the tweezers, pull off each seed from the sunflower head.

Step two

Toast your sunflower seeds for a healthy snack:

- Add a dash of oil to a frying pan and heat
- Add sunflower seeds and begin to lightly toast
- Stir the seeds as you go to evenly cook them
- Cook until crisp or until they have darkened in colour



Don't forget to send us a photo of your creation!
Upload it via our website or email it to sunflowers@daltons.co.nz