

Title:

Sunflower Seeds as Food

Word Count:

503

Summary:

An article about sunflower seeds and how you can make your own brine. Making your own Brine is

Keywords:

sunflowers, health, food

Article Body:

Sunflower seeds contain large amounts of healthy fat acids and can be enjoyed fresh or used in

If you want to try making your own sunflower seed brine you should begin by washing the seeds.

If you prefer sunflower seeds without shells, you don't have to make any brine. The brine is o

The next step is to roast your sunflower seeds. This is not mandatory, but roasted seeds can b

When you have let the sunflower seed cooled down they are ready to be immersed in seed brine.

Begin by filling a bowl with around 1 litre of water and 2 dl salt (any type of salt will do,

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