

Crispy Seeds

Kia ora koutou,

Seeds are a delicious and nutritious snack or addition to many dishes. Like nuts, they contribute lots of helpful nutrients for our body, yet they are a lot cheaper.

Although small, seeds can help to boost our favourite meals by adding a few benefits. They contain healthy fats which promote heart health, support hormone production, absorb and carry key vitamins around our bodies. Seeds are also high in dietary fibre which helps fill us up so that we stay satisfied for longer, supports healthy digestion, and helps maintaining regular bowel habits.

There's lots of ways we can boost our seed intake. Add seeds (such as sunflower seeds, pumpkin seeds, sesame seeds, chia seeds, or flaxseeds) to your favourite foods in the following ways and enjoy the extra crunch and boost:



Sprinkle over Weetbix, muesli, or porridge at breakfast



Scatter on top of a salad. Lightly toast seeds in a fry pan for 10 minutes at a medium heat and stir regularly until they start to pop or are slightly browned. Cool seeds before adding to your salad



Pop leftover toasted seeds in a small container to keep at work or in your school bag to snack on



Sprinkle over your favourite home-made cottage pie, lentil pie, frittata, quiche, muffins, or other item before baking



Top dips or spreads with toasted seeds



Banana Muffins (serves 12)

- 250g all-purpose flour
- 100g sugar
- 10g baking powder
- 2.5g baking soda
- 2.5g salt
- 3 ripe banana (approx. 300g), mashed
- 120ml aquafaba (liquid from 1 can of chickpeas); OR 2 eggs if preferred
- 120ml vegetable oil
- 5ml vanilla essence
- 2 handfuls of seeds

1. Preheat oven to 190°C.
2. In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
3. In a separate bowl, mix together the mashed bananas, aquafaba, vegetable oil, and vanilla extract until well combined.
4. Add the wet ingredients to the dry ingredients and stir until just combined. Be careful not to overmix.
5. Fold in seeds of your choice.
6. Spoon batter evenly into muffin tin and bake for 20-25 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.

Ngā mihi nui,
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