



Salted Sunflower Seeds

◆ A Simple Homemade Snack ◆

INGREDIENTS

- 🌻 2 cups raw sunflower seeds (in shell)
- 🌻 ¼–½ cup salt
- 🌻 2 quarts water
- 🌻 Optional: 1 tsp garlic powder or smoked paprika

INSTRUCTIONS

- 1 Dissolve salt in warm water to make a brine.
- 2 Soak seeds 12–24 hours in brine.
- 3 Preheat oven to 400°F (200°C).
- 4 Drain and spread seeds on a baking sheet.
- 5 Roast 10–15 min until dry and golden.
- 6 Cool completely before storing.

