



Packed to the brim with:
 Ingredients: Sunflower Seeds (63%), Pumpkin Seeds (21%), **Sesame Seeds** (10%), Savoury Sauce: **Soya Beans**, Water, Sea Salt, Alcohol & Koji Seed (*Aspergillus Oryzae*).

May contain:
 (For allergens, see ingredients in **bold**.)

- Thumbs up for:
- A source of Protein
 - High in Vitamin E
 - High in Zinc
 - High in Iron
 - High in Fibre
 - Gluten Free
 - Suitable for Coeliacs
 - Vegetarians & Vegans

Did you know?
 Protein contributes to the maintenance of muscle mass and normal bones.

Where to keep them:
 Store in a cool place out of direct sunlight. Product may contain traces of other natural materials.

Roasting the seeds:
 Produced in the UK by Lawncourt Harvest Ltd., Eastlands Road, Leiston, Suffolk IP16 4LL

www.munchyseeds.co.uk

f/Munchy Seeds @Munchy Seeds



For best before: see rim of tub or lid.



munchy seeds

Pumpkin Power

Savoury roasted sunflower, pumpkin & sesame seeds



475g e Lucinda x

Pick at it, peck at it, sprinkle it, shake it, chomp it, chew it, scoff it, scoop it, nibble it, shovel it, just finish it!

Our seedy snacks were originally created by my Granny in New Zealand to keep us out of the sweetie jar. Now based in Suffolk with my British hubby, we are continuing the family tradition of carefully blending, flavouring and gently roasting seeds to produce deliciously nutritious seed snacks. Munchy Seeds - making healthy eating fun!

Nutritional Value	Per 100g	%RDA
Energy	613Kcal 2534KJ	31%
Fat	52.0g	30%
of which saturates	6.9g	
of which monounsaturates	12.2g	
of which polyunsaturates	32.9g	
Carbohydrate	13.7g	5%
of which sugars	3.2g	4%
of which polyols	0.5g	
of which starch	1.2g	
Fibre	14.8g	62%
Protein	28.9g	58%
Salt	1.0g	16%
Vitamin E	21.2mg	177%
Calcium	65.9mg	8%
Iron	6.1mg	44%
Zinc	5.0mg	50%
Omega 3 (α-linolenic acid)	0.2g	
Omega 6	32.7g	
Omega 9	12.2g	

(collective)
 creative consultancy

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Company	Munchy Seeds
Printer	xxx
Product	475g Tub Pumpkin power
Date	27/02/13
Designer	Mark Palmer
Job No.	CMS173
Revision	AW2

COLOURS

- Cyan
- Magenta
- Yellow
- Black
- Cutter Guide
- P 229

IMPORTANT

Care has been taken by **collective** to prepare and check this artwork for accuracy and consistency with your instructions. Ultimate responsibility for the artwork and all content, rest with you our client. Please check all graphics and text very carefully before approval.