

PUMPKIN SEEDS

BENEFITS

- Boost immunity
- Helps in weight loss
- Regulates Sleep Cycle
- Healthy heart
- Thicker hair growth

USES

Make healthy energy balls with dates, oats, nuts and pumpkin seeds



SUNFLOWER SEEDS

BENEFITS

- Healthy skin
- Aids healthy digestion
- Supports weight loss
- Prevents hair fall

USES

Blend roasted sunflower seeds until it forms into a butter and use it on your toast or pancakes.



CHIA SEEDS

BENEFITS

- High in antioxidants
- Rich in omega-3 fatty acids
- Strengthen bones
- Boosts dental health
- Improves heart health

USES

Make chia seeds pudding with vegan milk and chia seeds.



ALIV SEEDS

BENEFITS

- Rich in iron
- Stop hair fall
- Regulates Menstruation
- Healthy digestion
- Boosts Memory

USES

Soak the aliv seeds in water and drink it in the morning.



FLAX SEEDS

BENEFITS

- Omega-3 fatty acids
- Aids in digestion
- Prevents hair fall
- Strengthens Muscles
- Healthy heart
- Improve memory

USES

Mix flaxseed with water to make an egg substitute. You can use the flax egg to replace egg in your recipes.



WATERMELON SEEDS

BENEFITS

- Improves skin health
- Stronger hair
- Improves heart health
- Boosts energy levels

USES

Snack on some roasted watermelon seeds or sprinkle them on your yogurt or cereal.



Seeds And Their Uses

A. R. Baldwin



Seeds And Their Uses:

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