

Using Nutritious Seeds

Everyone agrees that raw seeds are nutritious and superior as food and should be a part of our regular diet. Are there any best ways to utilize them for our health? Some suggestions follow:

Raw sunflower seeds are most easily digestible when soaked overnight in water. They can then be used in salads or cereals or blended with olive oil for use as a salad dressing; or blended with water and a banana for a nutritious drink. An alternative is using a seed grinder which will create a sunflower seed flour that is easily mixed with juices or other liquids. This flour can even be mixed with water to form a paste and then used as a complexion rejuvenator. I find a small seed grinder indispensable for raw seeds; raw pumpkin and sunflower seed flour added to a morning cereal is most nutritious. Be careful of what is sold in stores as the seeds are usually salted and baked.



Raw organic sunflower seeds with husks can be planted in trays of soil and harvested after they reach three or four inches in height. First soak the seeds overnight and spread them over with about a half inch cover of soil. Cover with a newspaper until they begin to sprout and set them out into the sunlight. They make a delicate addition to your salad and are very mild tasting and this is an example of what is referred to as "eating live foods." They are loaded with vitamins and enzymes and of course are free from pesticides.

Flax seeds are also a healthy addition to your diet supplementing Omega-3's. I find Barlean's Forti-Flax excellent and grind up several tablespoons to add to a cup of warm vegetable broth... this is satisfying for breakfast. This product can be found at stores such as Wegman's or ordered online at www.barleans.com. Organic vegetable broth in cardboard containers is also readily available at many stores.



When it comes to soaking seeds I note that raw almonds can also be soaked overnight and the brown skin then peels easily leaving the swelled nuts as more digestible as well as excellent additions to salads or vegetable preparations.