



NuSeed and Snacking

Seed-delicious™

Seed-nutritious™

NuSeed is a family business company founded in 2007 with a simple desire to produce high quality, nutritious foods that promote longevity and wellness to every family. We have a simple philosophy of love, care and generosity that has the wellbeing of our loved ones at the heart of everything we do. It is with this simple, yet uncompromising philosophy, that inspired us to create NuSeed – our Seed-delicious™, yet nourishing Seed-nutritious™ range of snacking products centred on incredible seeds.

Belgian Chocolat with Berries, Seeds & Nuts

Seed-Delicious Treat:

Who says you can't eat healthy and enjoy what you're eating? At NuSeed we believe you can have both! Enjoy this Seed-delicious snack mix of Dark Belgian chocolate nuggets, raw sunflowers seeds, raisins, dried cranberries, cashew nuts, pumpkin seeds and Goji berries. Enjoy the crunch, the chew and decadent chocolate.

Seed-Nutritious Facts:

Get the benefit of valuable, all-day energy reserves along with access to a rich source of phyto-nutrients such as omega-6 fatty acids, flavonoid phenolic anti-oxidants, vitamins, proteins and dietary fibers that are essential for wellness.

Seed-Snack Diary

All day long!



Soy Infused Roasted Seeds

Seed-Delicious Treat:

Who says you can't eat healthy and enjoy what your eating? At NuSeed we believe you can have both! Enjoy this "three way" savoury Seed-delicious snack mix of roasted sunflower, pumpkin and sesame seeds infused with the finger-lickingly tasty and so more-ish salty deliciousness of Soy Sauce. Enjoy the crunch.

Seed-Nutritious Facts:

This "three-way" seed mix is an excellent source of health benefiting nutrients, essential fatty acids, vitamins, natural antioxidants and minerals. They are also good in mono-unsaturated **oleic acid** that helps **lower LDL** or "bad cholesterol" and increases HDL or "good-cholesterol" in the blood.

Seed-Snack Diary

The perfect school lunchbox snack , salad sprinkle or bar munchies.



Roasted Seeds with Balsamic Vinegar & Himalayan Salt

Seed-Delicious Treat:

Who says you can't eat healthy and enjoy what you're eating? At NuSeed we believe you can have both! Enjoy this "three way" twangy, savoury Seed-delicious snack mix of roasted sunflower, pumpkin and sesame seeds sprinkled with a combo of Balsamic vinegar and Himalayan salt.



Seed-Nutritious Facts:

This "three-way" seed mix is an excellent source of health benefiting nutrients, essential fatty acids, vitamins, natural antioxidants and minerals. They are also good in mono-unsaturated *oleic acid* that helps **lower LDL** or "bad cholesterol" and increases HDL or "good-cholesterol" in the blood.

Seed-Snack Diary

Try this as a healthy alternative when the salt craving strikes or as the perfect partner sprinkled over your favourite salad.

Seeds & Nuts with Canadian Blueberry & Cranberry Mélange

Seed-Delicious Treat:

Who says you can't eat healthy and enjoy what you're eating? At NuSeed we believe you can have both! Have a taste party in your mouth with this Seed-delicious, Berry-Delicious snack remix. To liven this snack party up we mixed in the seeds, the berries and some (crazy) nuts.

Seed-Nutritious Facts:

Trifactor of healthy eating with fruit, seeds and nuts. Get the benefit of valuable, all-day energy reserves along with access to a rich source of phyto-nutrients such as omega-6 fatty acids, flavonoid phenolic anti-oxidants, vitamins, proteins and dietary fibers that are essential for wellness.

Seed-Snack Diary

Try this as a healthy alternative breakfast snack or mixed up in your favourite yoghurt.



Roasted seeds and Calamata Olives

Who says you can't eat healthy and enjoy what you're eating? At NuSeed we believe you can have both! Enjoy this Greek inspired savoury Seed-delicious snack mix of roasted sunflower, pumpkin and sesame seeds with sun dried Calamata olives.

Seed-Nutritious Facts:

This "three-way" seed mix is an excellent source of health benefiting nutrients, essential fatty acids, vitamins, natural antioxidants, natural minerals and phenolic compounds. They are also good in mono-unsaturated **oleic acid** that helps **lower LDL** or "bad cholesterol" and increases HDL or "good-cholesterol" in the blood.

Seed-Snack Diary

Try this as a healthy alternative when the salt craving strikes or as the perfect partner sprinkled over your favourite salad or stew.



Turkish Fig & Date with Seeds & Nuts

Seed-Delicious Treat:

Who says you can't eat healthy and enjoy what you're eating? At NuSeed we believe you can have both! Enjoy this Seed-delicious snack mix of exotic Turkish figs and dates, raw sunflower seeds, cashew and almond nuts. Enjoy the crunch, the chew and decadent chocolate.

Seed-Nutritious Facts:

Trifactor of healthy eating with fruit, seeds and nuts. Get the benefit of valuable, all-day energy reserves along with access to a rich source of phyto-nutrients such as omega-6 fatty acids, flavonoid phenolic anti-oxidants, vitamins, proteins and dietary fibers that are essential for wellness.

Seed-Snack Diary

Try this as a healthy alternative breakfast snack, mixed up in your favourite yoghurt or paired with your favourite cheese platter.

