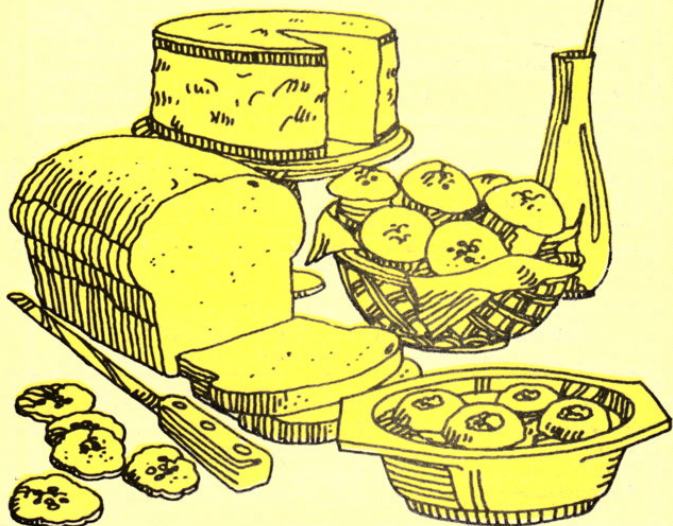




GOLDEN HARVEST

# *Sunflower Seed*

## RECIPES



# THE DELIGHTFULLY NUTRITIOUS

# Sunflower

## WHAT'S IN IT FOR YOU?

Why do so many experts consider the sunflower seed an important storehouse of vital nutrients? The analysis in the tables below tells the story -- an important story for any one interested in natural nutrition. And the recipes on the following pages will enable you to give your family the nutritional benefits of the sunflower in so many delicious and varied forms -- they'll never tire of it!

### Composition of Sunflower Seed Kernels

Unless indicated by parts per million or international units, each 100 grams of sunflower seed kernels (about 1/4 pound) supplies the following amounts of nutritional factors:

#### MINERAL CONTENT

Calcium	57 mg.
Cobalt	.064 ppm
Iodine	.07 mg.
Copper	20 ppm
Iron	6.0 mg.
Fluorine	2.6 ppm
Magnesium	347 mg.
Manganese	25 ppm
Phosphorus	860 mg.
Potassium	630 mg.
Sodium	.4 mg.
Zinc	66.5 ppm

#### VITAMIN CONTENT

Biotin	.067 mg.
Choline	216 mg.
Folic Acid	.1 mg.
Inositol	147 mg.
Niacin	5.6 mg.
Pantothenic acid	2.2 mg.
Pantothenol	3.5 mg.
Para aminobenzoic acid	62 mg.
Riboflavin	.28 mg.
Vitamin B-6	1.1 mg.
Vitamin B-12	.04 mcg. per gm.
Vitamin A	68 I.U.
Carotene	.03 mg.
Vitamin D	92 U.S.P. Units
Vitamin E	31 I.U.
Vitamin K	Trace
Thiamine	2.2 mg.

#### Proximate Analysis

Moisture	5.27%
Fat	48.44%
Protein	28.00%
Ash	3.64%
Crude Fiber	2.47%
Carbohydrate	12.18%



### Amino Acid Content of Sunflower Seeds

(Calculated on 16 g. nitrogen basis)

Arginine	7.2	Methionine	3.1
Histidine	2.1	Threonine	3.5
Lysine	4.4	Isoleuoinine	5.9
Tryptophan	1.5	Valine	4.7
Phenylalaline	4.0	Leucine	2.2



## SUNFLOWER SEED BALLS

- ½ pound cottage cheese
- 1 teaspoon each of celery, dill, and caraway seeds
- 1 teaspoon sweet Hungarian paprika
- ½ cup GOLDEN HARVEST wheat germ (*about*)
- 1 cup GOLDEN HARVEST sunflower seeds

Blend cottage cheese, flavoring seeds, paprika and wheat germ into a stiff paste. Roll into balls, the size of walnuts. Roll in the sunflower seeds which will coat the balls. Chill, and serve with toothpicks. *Six Servings*

## SUNFLOWER SEED DIP

- 1 pint yogurt
- 1 cup GOLDEN HARVEST sunflower seed meal
- ¼ cup chives or green onion tops, chopped fine
- ¼ teaspoon kelp

Blend all ingredients together, and garnish with sweet Hungarian paprika. Use thinly sliced raw turnips with the dip.



# Appetizers



## SUNFLOWER-LIVER PÂTE

- ½ pound liver, cooked and diced
- 1 onion, diced
- ¼ cup GOLDEN HARVEST wheat germ
- ¼ cup GOLDEN HARVEST soy grits
- ½ cup GOLDEN HARVEST sunflower seed meal
- ¼ teaspoon kelp

Blend liver and onion, a bit at a time, in an electric blender, until it forms a smooth paste. Add the remaining ingredients in a bowl, and blend thoroughly into a spread. Chill and garnish with minced parsley. *Six servings*



## SUNFLOWER SEED SPREAD

- 2 cups GOLDEN HARVEST sunflower seed meal
- ¼ cup GOLDEN HARVEST sunflower seed oil (*about*)
- ¼ teaspoon sea salt or vegetable salt

Blend the ingredients together, forming a spread the consistency of peanut butter. Fill the cavities of celery sticks with the spread. *Six servings*

## SUNFLOWER SEED MEAT LOAF

1 ½ cups ground beef (¾ pound). ½ teaspoon curry powder  
2 tablespoons chopped onion. 1 tablespoon tomato juice  
½ teaspoon tamari sauce (*optional*)  
1 teaspoon sea salt (*optional*)  
1 cup GOLDEN HARVEST sunflower seed meal  
½ cup powdered dry milk. 1 egg. ½ cup milk.  
3 tablespoons GOLDEN HARVEST wheat germ  
Mix ingredients lightly. Bake in an oiled pan at 350° F.  
(moderate oven) about one (1) hour. Serve with tomato  
sauce. *Six servings*

## SUNFLOWER SEED-POTATO PATTIES

1½ cups GOLDEN HARVEST sunflower seed meal  
2¼ cups potatoes, cooked and pureed  
2 tablespoon minced parsley. 1 egg beaten. 1 onion, grated.  
1 tablespoon GOLDEN HARVEST soy flour  
¼ cup powdered dry milk  
½ cup GOLDEN HARVEST wheat germ  
Blend all ingredients, except the wheat germ. Mixture should  
be firm. Shape into patties. Coat with wheat germ. Arrange  
on oiled cooky sheet and broil until golden brown on each  
side. *Four servings*

# Main Courses

## SUNFLOWER SEED CASSEROLE

2 large onions, chopped. ½ pound mushrooms, sliced  
¼ cup GOLDEN HARVEST sunflower seed oil.  
½ cup parsley, minced. 1 cup celery, diced  
¼ teaspoon ginger, powdered or fresh gingerroot, grated  
1 cup GOLDEN HARVEST sunflower seeds

Saute the onions and mushrooms in the oil. Add the celery,  
parsley and ginger. Cover and cook for ten minutes over low  
heat. Remove from stove. Add seeds, and serve on a bed of  
cooked brown rice. *Four servings*

## SUNFLOWER SEED STUFFED PEPPERS

1 tablespoon GOLDEN HARVEST sunflower seed oil  
1/3 cup GOLDEN HARVEST brown rice  
3 tablespoons finely chopped onion. 4 green peppers  
1 teaspoon sea salt (*optional*). 1 cup milk.  
1 1/3 cups stewed tomatoes. ¼ cup chopped celery  
2/3 cups GOLDEN HARVEST sunflower seeds  
¼ cup GOLDEN HARVEST soy grits mixed with 1 tablespoon  
GOLDEN HARVEST sunflower seed oil

Cut stems out of ends of peppers and take out seeds. Cook peppers 5  
minutes in boiling salted water.  
Combine Sunflower Seed Oil, rice, onion, celery, and salt in a frying  
pan. Add milk slowly as the mixture begins to cook and simmer  
covered 5 to 10 minutes. Add tomatoes and simmer 10 minutes  
longer or until rice is done. Add more milk if desired.

Stir in Sunflower Seeds. Stuff peppers with the mixture and sprinkle  
with crumbs. Place peppers in a baking pan with a little hot water,  
and bake at 350°F. (moderate oven) 30 to 40 minutes. *Four servings*



## SUNFLOWER SEED SAUCE FOR VEGETABLES

1 tablespoon Sunflower Seed Oil  
¼ cup Sunflower Seed paste  
2 teaspoons whole wheat flour  
¼ teaspoon salt (*optional*)  
pepper 1 cup milk paprika

Heat Sunflower Seed Oil in a pan over boiling water. Blend in the Sunflower Seed paste. Add flour and seasonings and stir until smooth. Stir in milk slowly. Cook over boiling water until thickened, stirring constantly.

Sprinkle paprika over sauce and serve on cooked cabbage, onions, or cauliflower. *YIELD: one cup.*

## DELICATE MAYONNAISE

1½ tablespoons apple cider vinegar  
1 cup GOLDEN HARVEST sunflower seed oil  
2 egg yolks. ¼ teaspoon curry powder.  
2 tablespoons lemon juice ½ teaspoon sea salt (*optional*)  
dash of sweet Hungarian paprika

Place all ingredients in an electric blender and blend until smooth.

# Dressings & Sauces

## FRENCH DRESSING

1 cup GOLDEN HARVEST sunflower seed oil  
4 tablespoons lemon juice. 1 tablespoon honey  
½ teaspoon sea salt (*optional*)  
½ teaspoon sweet Hungarian paprika  
2 cloves garlic, minced fine

Place the oil and cut garlic in a closed jar and allow to stand 3 to 6 days depending upon how strong a garlic flavor is desired. Strain out the garlic. Add lemon juice in which the dry ingredients have been mixed a little at a time to the oil with constant stirring. Place in a covered container and store in refrigerator. Shake well before using.

## MOCK MAYONNAISE

¼ cup apple cider vinegar. ½ cup yogurt  
½ cup GOLDEN HARVEST sunflower seed oil  
Place all ingredients in an electric blender and blend until smooth.

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## FRUIT SALAD DRESSING

½ cup GOLDEN HARVEST sunflower seed oil  
3 egg yolks. 1½ tablespoons lemon juice  
½ cup unsweetened pineapple juice 1 teaspoon sea salt  
Blend all ingredients thoroughly in top of double boiler. Cook over hot water, stirring constantly, until sauce is consistency of boiled custard.

## BAKED APPLES WITH SUNFLOWER SEED TOPPING

4 medium sized apples. 1/3 cup raisins  
1/2 cup orange juice. 1/2 cup water  
2 tablespoons whole wheat flour  
1/8 teaspoon salt (*Optional*)  
1/4 cup honey. 1/2 teaspoon cinnamon  
1 teaspoon grated orange rind  
1 1/2 tablespoons Sunflower Seed Oil  
1/2 cup toasted, salted Sunflower Seeds

Core apples without cutting through the blossom end. Pare apples one-third of the way down. Put raisins into centers of the apples.

Place apples in a baking dish and pour orange juice and water around them.

Combine flour, salt, honey, cinnamon, orange rind, Sunflower Seed Oil and Sunflower Seeds. Spoon mixture over apples, piling some in a mound on top.

Bake at 375 degrees F. (moderate oven) about 1 hour basting with the liquid every 15 minutes. The top of the filling may be toasted by placing in the broiler the last 5 minutes. *Four servings*



## Desserts • Sauces



### SUNFLOWER SEED-FRUIT WHIP

1 cup dried fruit, soaked and cut  
(apples, apricots, peaches or prunes)  
1 cup yogurt  
1 cup GOLDEN HARVEST sunflower seed meal

Blend all ingredients together in an electric blender and pour into custard cups. Chill and top with whole GOLDEN HARVEST sunflower seeds. *Six servings*

### HONEY-SUNFLOWER SEED FROSTING

Apply honey over the top of a cooled cake or cupcakes. Sprinkle the sunflower seeds on top. They will adhere to the honey.

### FRUIT FROSTING

2 tablespoons unsweetened orange juice  
rind of 1 orange. rind of 1 lemon  
2 tablespoons lemon juice  
3 tablespoons GOLDEN HARVEST sunflower seed oil  
1 egg yolk. 2/3 cup honey

Blend all ingredients together in an electric blender. This amount will frost one cake.



## BREAD WITH SUNFLOWER SEEDS

For a tasty nutlike flavor in bread, use your favorite bread recipe, and add sunflower seeds. Use  $\frac{1}{4}$  cup of sunflower seeds for each loaf, and merely add it to the dough during the first kneading. Or, just before the bread is ready to be baked, brush the top of the loaves with a beaten egg yolk and sprinkle sunflower seeds over the tops.

### SUNFLOWER SEED QUICK BREAD

- 2 cups sifted whole wheat flour
- 2 teaspoons double action baking powder
- 1 teaspoon salt (*optional*)
- $\frac{1}{3}$  cup raw sugar or blackstrap molasses
- 2 tablespoons Sunflower Seed Oil
- $\frac{1}{4}$  cups milk. 1 egg.
- 1 cup chopped toasted Sunflower Seeds

Sift dry ingredients together. Cut in shortening. Mix egg with milk, and stir into first mixture. Add chopped Sunflower seeds and mix. Pour into lightly oiled loaf pan ( $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$  inches) and bake at  $350^{\circ}\text{F}$ . (moderate oven) about 1 hour.

# Breads & Biscuits

### MUFFINS WITH SUNFLOWER SEEDS

For a tasty nutlike flavor in muffins, use your favorite muffin recipe, and add sunflower seeds.

Use  $\frac{1}{4}$  cup of sunflower seeds, or sunflower seed meal for each dozen muffins.

Sunflower seed meal is also good added to the batter of waffles and pancakes.



### SUNFLOWER SEED BISCUITS

- 2 cups sifted whole wheat pastry flour
- $\frac{3}{4}$  teaspoon salt (*optional*)
- 4 teaspoons double action baking powder
- 2 tablespoons Sunflower Seed Oil
- $\frac{1}{4}$  cup Sunflower Seed paste. about  $\frac{3}{4}$  cup milk

Sift dry ingredients together, and work in shortening and Sunflower Seed paste.

Add the milk slowly, stirring until a soft dough is formed. Knead a few times on a lightly floured board, roll or pat to the desired thickness and cut into biscuits.

Bake on an ungreased baking sheet at  $450^{\circ}\text{F}$ . (very hot oven 15 minutes. *Makes sixteen 2-inch Biscuits.*)

**DROP BISCUITS** - Increase milk to 1 cup, drop from spoon onto oiled sheet and bake as above.

# Cakes

## BANANA-SUNFLOWER SEED CAKE

- ½ cake or 1 teaspoon dried yeast
- 1/8 cup warm water. 2 tablespoons honey
- 2 tablespoons GOLDEN HARVEST sunflower seed oil
- 2 eggs, beaten. 1¾ cups wholewheat flour
- ¼ teaspoon sea salt (*optional*)
- ½ cup bananas, mashed
- ½ cup GOLDEN HARVEST sunflower seeds

Soften yeast in water. Mix honey, oil and eggs. Add to yeast mixture. Stir in flour and salt. Set in a warm place for a half hour. When it has risen, blend in bananas and sunflower seeds. Turn into an oiled loaf pan. Allow the batter to rise for 10 minutes more. Bake at 325° F. for about 40 minutes.

## SUNFLOWER SEED WALNUT CAKE

- 5 eggs, separated. ¾ cup honey.
- 1 cup walnuts, ground fine
- ½ cup GOLDEN HARVEST sunflower seed meal
- 3 tablespoons GOLDEN HARVEST wheat germ
- pinch of clove and mace, ground. rind of 1 lemon, grated

Beat egg yolks with honey. Add remainder of ingredients. Fold in the stiffly beaten egg whites. Turn into a well-oiled loaf pan. Bake at 300° F. for about 1½ hours.

# Cookies

## OATMEAL-SUNFLOWER SEED COOKIES

- 1 cup honey 1 cup GOLDEN HARVEST sunflower seed oil
- 2 eggs. ½ cup GOLDEN HARVEST sunflower seeds
- 2 cups oat flour. 1½ cup rolled oats, uncooked.
- ¼ teaspoon pure vanilla extract

Blend all ingredients together thoroughly. Drop by the teaspoonfuls onto greased cooky sheets. Bake at 350° F. for 10 to 12 minutes. *Yields 6 dozen cookies.*

## SOY-SUNFLOWER SEED COOKIES

- 1 cup molasses, unsulfured
- 1 cup GOLDEN HARVEST sunflower seed oil
- 2 eggs. 2 cups GOLDEN HARVEST soy flour
- 1 cup GOLDEN HARVEST sunflower seed meal

Blend all ingredients together thoroughly. The batter will be quite thin. Drop it by the teaspoonful onto greased cooky sheets, allowing space for the batter to spread. Bake at 300° F. for 12 to 15 minutes, until browned at the edges.

*Yields 8 dozen 2 inch diameter cookies.*

# Candy

## SUNFLOWER SEED CONFECTION

- ½ pound seedless raisins
- ½ pound dates, pitted. ½ pound figs.
- ½ pound GOLDEN HARVEST sunflower seed meal
- ½ pound unsweetened coconut shreds

Grind all ingredients together in a meat grinder and mix thoroughly. Press firmly into a loaf pan and chill. After 4 hours turn onto a platter. Slice thin to serve. *Makes 1 2½-pound loaf.*