

Pumpkin Seeds

Our Pumpkin Seeds are the edible seeds of the pumpkin. They contain valuable fats that make them a healthy addition to bread or muesli. We offer both a conventional version and an organic version.

Pumpkin Seeds are ideal in:

- Bread
- Muesli mixes
- Bowls
- Salad

Ingredients:

100% Pumpkin Seeds

Nutritional values per 100g

Energy	2454 kJ 593 kcal
Fat / of which saturates	49g 8,7g
Carbohydrates / of which sugars	4,7g 1,4g
Fibre	6,0g
Protein	30,2g
Salt	0,02g

Packaging sizes



Big Bag



25kg bags

Deliverable in



conventional



EU organic