

Ingredient Spotlight

Poppy Seeds

WHAT ARE THE BENEFITS?

- Poppy seeds are a rich source of dietary fiber and essential minerals including calcium, copper, zinc, magnesium, manganese, and iron that help to support bone mineral density, strengthen connective tissue and regulate enzyme reactions and new cell development
- These tiny seeds are higher in unsaturated fatty acids, thus working to improve cardiovascular health

HOW TO INCORPORATE INTO YOUR DIET?

- Try baking these wonderful seeds into muffins, breads and bagels, or sprinkle over your favorite salad or yogurt parfait!

