



## Munchy Seeds New Improved Chilli Mix

If you would like to feature ask for a sample! [fran@generatepr.co.uk](mailto:fran@generatepr.co.uk) Now available from Tesco, Waitrose, Lakelands and [www.munchyseeds.co.uk](http://www.munchyseeds.co.uk)

This Chilli Munchy Seeds mix is for the spicy food lovers among us. These guys have a 'nice kick' (not too serious though), but if you'd like to dilute the heat a little then try them in a tuna and mayo sandwich, or throw them on all the usual suspects; salads, stir-fries, and curries, to name a few!



Packed to the brim with...

Sunflower Seeds (58%), Sweet Apricot Kernels (19%), Pumpkin Seeds (15%), Savoury Sauce: Soya Beans, Sea Salt, & Koji\* (*Aspergillus Oryzae*), Crushed Chillies (1.3%)

Why it's good for you...

This is our METABOLISM mix, great for when you want to rev up your system in a healthy way! Chillies contain a phytochemical (plant chemical) called capsaicin, which is responsible for giving these fiery little peppers their spicy kick. Scientists have found that capsaicin can help boost your metabolism, helping you to burn off more calories. It also stimulates the circulation, giving you a nice warm glow. The sunflower pumpkin seeds and pumpkin seeds are rich in oils called omega fatty acids, but don't worry, these are beneficial fats, which everyone needs as part of a healthy balanced diet. See the Health Benefits Page on [www.munchyseeds.co.uk](http://www.munchyseeds.co.uk) for more details

If you would like to feature Munchy Seeds and would like to request high res images and samples then please contact Fran at Generate PR by email [fran@generatepr.co.uk](mailto:fran@generatepr.co.uk) or phone 01733 229333

[fran@generatepr.co.uk](mailto:fran@generatepr.co.uk) 01733 229333/07545499254



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