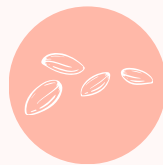


TOP 3 SEEDS

with the highest protein



HEMP SEEDS

30 grams of hemp seeds offers 9 grams of protein



PUMPKIN SEEDS

28 grams of pumpkin seeds offers 8 grams of protein



SUNFLOWER SEEDS

28 grams of sunflower seeds offers 6 grams of protein



WANT TO LEARN MORE?

[Click](#) to learn more about the benefits of nuts.