

## Contents:

- 320g plain flour
- 30g organic sunflower seeds
- 4 Stroodles edible spoons (4 x 12g)
- Basil seeds (for growing activity)
- Compost pellets (for growing activity)
- 12-page, educational recipe and activity booklet that teaches about the ingredients
- Full instructions for using packaging to make plant pot in which to grow basil
- All wrapped in a copy of 'Stroodly News', an A3 sheet of Kraft paper that has activities and reduces the need for additional packaging.

## Additional ingredients required:

2 medium sweet potatoes, 1 lemon, 80ml neutral oil (olive oil works well if it's not bitter or rapeseed is another great option) and 30g basil (if you're keen to make before the seeds grow!)

**Also good to know:** a high powered blender or pestle and mortar is required to make the pesto

## Ingredients & nutritionals:

SUNFLOWER SEEDS: organic sunflower seeds

Nutritionals (per 100g): Energy: 2401kJ/581kcal, Fat: 47.5g, of which saturates: 4.5g, Carbohydrate: 18.6g, of which sugars: 1.7g, Fibre: 6g, Protein: 19.8g, Salt: <0.01g

PLAIN FLOUR: Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin.

Nutritionals (per 100g): Energy: 1501 kJ/352 kcal Fat: 1.4 g, of which saturates: 0.4g, Carbohydrate: 80.9g, of which sugars: 0.6g ,Fibre: 4g, Protein: 9.1g, Salt: 0.002g

STROODLES EDIBLE SPOONS: Wheat flour, sorghum flour, refined wheat flour, wheat protein, brown sugar, rice bran oil, iodised salt (salt, potassium iodate), emulsifier (soya lecithin), raising agent (potassium carbonate), antioxidant (E319, E330).

Nutritionals (per 100g): Energy: 1717kJ/410kcal Fat: 7.1g, of which saturates: 2.7g, Carbohydrate: 74g, of which sugars: 8.6g, Protein: 13g, Salt: 0.71g

Images are [here](#)

Once we have the product I will add some of the actual box and contents. Will also create a 'what's inside' birds eye pic which has been really useful for our other products