



NEED FOR SEEDS FACT SHEET

Seeds connect to key macro trends in food today:

Real Food – Seeds are chosen as they offer “simple” and “real” nutrients and are free of artificiality

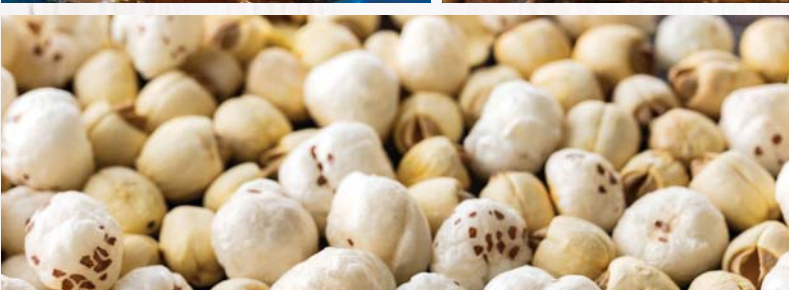
Health & Wellness – Seeds contain a balance of nutrients - good fats and plant proteins that fit with many dietary approaches

Culinary – Consumers seek upgraded and global flavours in their everyday food experiences

INTRODUCING...

BASIL SEED: THE NEW CHIA

Basil seeds give texture and wholesome goodness to both sweet and savoury dishes. They can add a unique pop to juice drinks, shakes and smoothies. Try them in sweet desserts, salad dressings, yoghurt, dips and pasta dishes. Highly nutritious, the seeds contain Vitamin K, protein, phytochemicals and polyphenol.



LOTUS SEED: CROSSING BORDERS

Lotus seeds, also known as a fox or gorgon nut, are a favourite in Asian cuisine and should be embraced around the world. Add dried lotus seeds in place of beans in soups and stews for a new taste. When puffed, these crunchy, floral popcorn-like bites can shake up your snack routine.

SESAME SEED: VERSATILE WONDER

Most are familiar with white sesame seeds, but it's time to put black sesame seeds on the map too. Toasted together, the two add texture, colour and a warm, nutty taste, though they're entirely nut-free! Double up to add colour and use as a condiment to sprinkle on veggies, mains and desserts!



ANCIENT SEEDS

These seeds date back to ancient Roman, Greek and Egyptian civilisations and are now being rediscovered in new ways. The key seeds to watch out for are mustard, coriander, cumin and caraway. The best ways to eat these seeds is whole, cracked, toasted, pickled, infused in oil or within seasoning blends.

VISIT OUR FLAVOUR FORECAST WEBSITE
FOR MORE INFORMATION AND RECIPES

https://mccormick.new-media-release.com/2019_flavor_forecast/



Flavour
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Salads

Chips ANCIENT SEEDS

Dukkah



Cumin



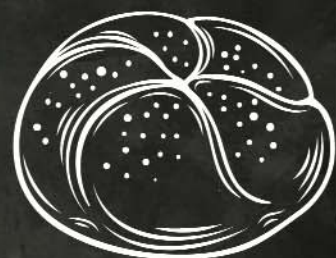
Coriander



Mustard



Fennel



Breads



Oils



Crusts + Seasonings

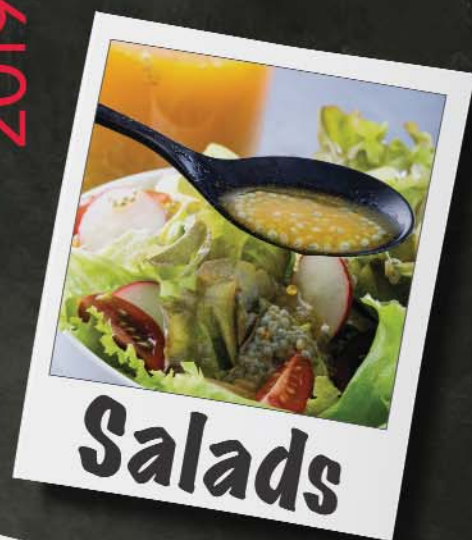




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Salads

BASIL SEEDS



Dressings



Beverages



Dips



Vinaigrettes



Seasonings



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Puddings

Pozole

LOTUS SEEDS

pastries

Popped Snack Mix

Soups





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Ice Cream

Vegetables

SESAME SEEDS

Sprinkles



Gomasio



Cookies



Salads
and
Oils



Desserts

