

Introduction to the most important oilseeds

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Sesame seeds

These small, brown beans have long been found in the Iranian table. Sesame seeds have long been on barbecue and sangak bread, but you can now use sesame on salads, feeds, and even as a teaspoon. Sesame seeds contain beneficial fatty acids that reduce bad blood cholesterol.

Pumpkin

seeds are often overlooked and thrown away, but we suggest you sift them once and be amazed at their extraordinary taste. Pumpkin seeds are a rich source of magnesium.

Kingfisher

When it comes to cannabis, everyone is reminded of school and school, when cannabis was used as a snack. These small grains are sources of protein and omega-3s. It is best to incorporate hemp into your diet today for a healthier life.

Sunflower seeds Sunflower seeds

remind most readers of football matches. This means that the sunflower seed market is hotter than ever when an important competition is held. Sunflower seeds are a rich source of protein and calcium, and using them in your daily diet can lead you to a healthier life.

Cumin

seeds are one of the oldest medicinal plants, and the best type is produced in Kerman. Cumin seeds are useful in the treatment of gastric disorders and are also used to relieve the flu.