

**Table S1.** Survey answers obtained from the sensory evaluation of cookies with seeds.

Parameter	<i>n</i>	%
<b>Country</b>		
Spain	52	78
Portugal	15	22
<b>Gender</b>		
Masculine	32	48
Feminine	35	52
Non-binary	0	0
<b>Age</b>		
18-25	8	12
26-35	20	30
36-45	8	12
46-55	15	22
56-65	15	22
>65	1	1
<b>Test 1. 1 and 2: 0%; 3: 20%</b>		
<i>1. Visually, do you find any cookies different from the rest?</i>		
1	4	6
2	3	4
3	56	84
None	0	0
All	4	6
<i>2. Do you find any cookies different from the rest because of their smell?</i>		
1	7	10
2	3	4
3	49	73
None	7	10
All	1	1
<i>3. Do you find any cookies different from the rest because of their flavor?</i>		
1	6	9
2	6	9
3	45	67
None	7	10
All	3	4
<i>4. Do you find any cookies different in texture in hand or mouth?</i>		
1	5	7
2	3	4
3	50	75
None	9	13
All	0	0

<b>Test 2 (multiresponse). 1: 0%; 2: 10%; 3: 20%; 4: 15%; 5: 40%</b>		
<i>1. Visually, are there any cookie(s) that you find objectionable?</i>		
1	0	0
2	6	8
3	6	8
4	5	6
5	17	22
None	43	56
All	0	0
<i>2. Do you find the smell of any or some cookies unpleasant?</i>		
1	2	3
2	1	1
3	5	7
4	4	5
5	25	33
None	39	51
All	0	0
<i>3. Do you find the texture in hand and/or mouth of any or some cookies unpleasant?</i>		
1	1	1
2	8	9
3	17	18
4	15	16
5	31	33
None	22	23
All	0	0
<i>4. Is the taste of any or some cookies unpleasant to you?</i>		
1	0	0
2	3	4
3	6	7
4	8	10
5	25	31
None	39	48
All	0	0
<i>5. On a visual level, which cookie do you find most pleasing?</i>		
1	18	27
2	17	25
3	12	18
4	13	19
5	7	10
<i>6. On a visual level, which cookie do you find most unpleasing?</i>		
1	9	13
2	8	12

3	10	15
4	9	13
5	31	46
<i>7. On an olfactory level, which cookie do you find most pleasant?</i>		
1	17	25
2	13	19
3	11	16
4	17	25
5	9	13
<i>8. On an olfactory level, which cookie do you find most unpleasant?</i>		
1	6	9
2	3	5
3	4	6
4	4	6
5	47	73
<i>9. In terms of texture, which cookie do you find more pleasant?</i>		
1	19	28
2	18	27
3	12	18
4	15	22
5	3	4
<i>10. In terms of texture, which cookie do you find more unpleasant?</i>		
1	1	1
2	0	0
3	16	24
4	4	6
5	46	69
<i>11. In terms of taste, which cookie do you find most pleasant?</i>		
1	20	30
2	12	18
3	12	18
4	15	22
5	8	12
<i>12. In terms of taste, which cookie do you find most unpleasant?</i>		
1	9	13
2	2	3
3	7	10
4	4	6
5	45	67
<i>13. Would you buy any cookies from 2-5? Select all that you would buy</i>		
2	44	35
3	33	26

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4	36	28
5	9	7
None	1	1
All	4	3

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