

CLAIMS

1. A package for a microwave oven for evenly roasting nuts/seeds therein, the package comprising:
 - a) a container **100** made of a material that is suitable for microwave cooking;
 - b) raw nuts/seeds **103** placed in a nut-zone within said container **100**; and
 - c) a capsule **101** holding a susceptor substance,wherein
 - said nut-zone of the container is sealed shut for microwave cooking; and
 - said susceptor substance is a water-based material designed to absorb microwave radiation, heat up, and subsequently release water vapors that assist in heat dispersion and control the amount of microwave radiation that reaches the raw nuts/seeds **103** in the nut-zone,thereby enabling evenly roasting the nuts/seeds within the container **100** to a desired level of texture and uniformity.
2. The package according to claim 1, wherein said capsule **101** is an integral part of said container **100**.
3. The package according to claim 2, wherein said capsule **101** is disposed/positioned between an inner-layer and an outer-layer of said container **100**.
4. The package according to claim 1, wherein said capsule **101** is removably associated with said container **100**.
5. The package according to claim 1, wherein said capsule **101** further comprises a removable seal/lid **102**.
6. The package according to claim 1, wherein said container **100** and said capsule **101** are made of a flexible material.
7. The package according to claim 1, wherein said container **100** and said capsule **101** are made of a rigid or semi-rigid material.
8. The package according to claim 1, wherein said container **100** is made of a flexible material and said capsule **101** is made of a rigid or semi-rigid material.
9. The package according to claim 1, wherein said container **100** is made of a rigid or semi-rigid material and said capsule **101** is made of a flexible material.

10. The package according to claim 1, wherein said water-based susceptor material is selected from the group consisting of: water, water-containing material, water-based gel, and cotton soaked with water, or any combination thereof.
11. The package according to claim 10, wherein said capsule **101** comprises at least one opening for water vapors to exit, wherein said at least one opening is designed to be opened manually prior to the insertion of the package into the microwave.
12. The package according to claim 11, wherein said at least one opening comprises or consists-of a one-way valve.
13. The package according to claim 10, wherein said capsule **101** comprises at least one opening for water vapors to exit, wherein said at least one opening is designed to be opened automatically due to the: (i) released water vapors, and/or (ii) heat generated due to the microwave's activation.
14. The package according to claim 10, wherein said capsule **101** is made of water-vapor permeable material or comprises at least one opening covered/closed with a water-vapor permeable material for enabling water vapors to exit during microwave's activation.
15. The package according to claim 1, further comprising an additional susceptor substance comprising of a microwave-reactive composition, dispersed across the layer(s) of said container **100**, and designed to distribute heat evenly across the nuts/seeds **103** within said container **100**.
16. The package according to claim 1, wherein said container **100** comprises multiple nut-zones, each holding the same or different nuts/seeds **103**.
17. The package according to claim 1, wherein said container **100** comprises two or more capsules **101**.
18. The package according to claim 1, wherein said raw nuts/seeds **103** are shelled or unshelled and are selected from: (i) natural and untreated nuts/seeds; (ii) pre-salted and/or pre-spiced natural nuts/seeds; or (iii) pre-salted and/or pre-spiced ground or chipped natural nuts/seeds.
19. The package according to claim 1, wherein said raw nuts/seeds **103** are coffee beans.

20. A method for roasting nuts/seeds in a microwave oven, the method comprising the steps of:
- a) placing a package according to claim 1 in a microwave oven;
 - b) if needed, opening the capsule(s) **101** or removing a seal/lid/closure(s) **102** therefrom to enable water vapors to exit;
 - c) activating the microwave oven for roasting the nuts/seeds **103**; and
 - d) allowing the package to cool so that the nuts/seeds **103** may be safely handled.
21. The method according to claim 20, further comprising a step of covering said package with a lid to entrap water vapors.
22. The method according to claim 20, wherein the nuts/seeds **103** have been pre-salted and/or pre-spiced by mixing thereof with water-containing salt and/or spice(s), and allowing the nuts/seeds to completely dry prior to their packing in the container.
23. The method according to claim 20, wherein the nuts/seeds **103** are coffee beans.
24. The method according to claim 20, further comprising a step of covering the container(s) **100** and capsule(s) **101** with a coverlid before activating the microwave.