



Seedy Salad Topper

Servings : 14
(1 serving = 1 Tbsp)

Equipment:

Oven, measuring cups, measuring spoons, medium bowl, spoon, baking tray, parchment paper, storage jar/container

Ingredients:

- 1/4 cup unsalted pepitas
- 1/4 cup unsalted sunflower seeds
- 1/4 cup hemp seeds
- 2 Tbsp sesame seeds
- 1/4 tsp garlic powder
- Dash of black pepper
- Dash of salt
- 1 tsp extra virgin olive oil

Preparation:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, combine ingredients and mix well to distribute the seasonings over all the seeds.
3. Spread the seeds evenly on the lined baking sheet and bake for about 10 minutes. Then stir and cook an additional 8-10 minutes, until the seeds are lightly golden. Allow them to cool completely.
4. Sprinkle over your salad and enjoy!*

***Storage Note:** Store in an airtight container in the refrigerator for up to 2 weeks, or in the refrigerator for up to a month.

***Serving Note:** Also works as a great topping for your budda bowls.

Nutrition Facts per serving:

Calories 54

Total Fat 4.9g (6%)
Saturated Fat 0.6g (3%)
Trans Fat 0g
Cholesterol 0mg (0%)
Sodium 12.5mg (1%)
Total Carbohydrate 1.3g (0%)
Dietary Fiber 0.6g (2%)
Total Sugars 0.1g
Added Sugars 0% (0%)
Protein 2.3g
Vitamin D 0mcg (0%)
Calcium 5.9mg (0%)
Iron 0.6mg (3%)
Potassium 72.8mg (2%)

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