

Toasted Seeds



Prep Time 5 mins **Cook Time** 5-10 mins

A delicious quick and easy snack

Try sprinkling on soups and salads for extra crunch and flavour

Can be eaten straightaway or make a big batch and store in an airtight container until required for snacking.

	Ingredients	Method
1	2 handfuls pumpkin seeds 2 handfuls sunflower seeds	Put the seeds into a heavy based frying pan and heat over a medium flame until the seeds start to go brown and pop. Shake the pan from time to time, to ensure that they toast evenly.
2	A few shakes of Tamari or light soya sauce	Tip the seeds into a bowl and shake a little soya sauce over them, stirring well so that they all get a light coating.
3		Allow the seeds to cool completely: they will crisp up again as they cool.
4		Eat right away as a snack or store in an airtight container.



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