

SPICE UP YOUR SEEDS ↑



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TOGARASHI PUMPKIN SEEDS

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon togarashi
- ¼ teaspoon salt
- 2 cups pumpkin seeds (saved from your jack o lantern)

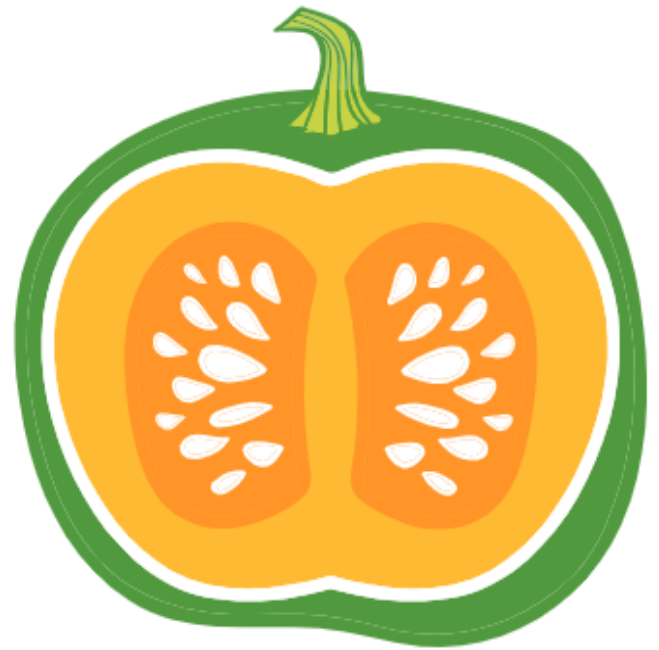
1. Preheat oven to 300 degrees F.
2. Combine oil, togarashi and salt in a medium bowl. Add pumpkin seeds and toss to coat. Spread evenly on a baking sheet.
3. Bake the seeds, stirring occasionally, until dry and toasted, 40 minutes to 1 hour.

Other flavors:

- sumac and cumin pumpkin seeds
- everything pumpkin seeds



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Preheat your oven to 325°F

After drying your clean pumpkin seeds, mix 1 teaspoon of extra virgin olive oil or avocado oil with seasoning of choice in a large bowl, then toss with $\frac{1}{2}$ cup of seeds. Once each seed is coated well with the oil-spice mix, spread in a single layer on a parchment lined baking sheet. Bake for 12-15 minutes, until the seeds start to brown and plump-up slightly. Remove from oven and let cool completely.

RANCH

- 1/4 teaspoon onion powder
- 1/4 teaspoon parsley
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dill
- 1/8 teaspoon dry mustard
- 1/8 teaspoon celery seed
- 1/8 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper

PIZZA

- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon sea salt
- 1/8 teaspoon garlic powder

SUGAR + SPICE

- 1 tablespoon brown sugar
- 1/8 teaspoon cinnamon
- 1/8 teaspoon allspice
- Pinch of salt
- Pinch of cayenne pepper (optional)



