



Roasted Pepitas

Mix & Match Recipe Ideas

Pepitas (or pumpkin seeds) are a great source of minerals. 50 grams of seeds contain 296 mg of magnesium, 22 mg calcium, 4 mg of zinc, 2.2 mg of manganese, 4 mg of iron and 5 mcg of selenium.

I love eating them roasted with a little olive oil or ghee, along with any of the following flavourings. Mix one of the flavouring below with 2 cups of seeds, along with a dash of oil and mix well. Then spread onto an oven tray and bake at 180 degree oven for 10 - 15 minutes, turning occasionally. Allow to cool, then store in an airtight container. They can also be added to salads or sprinkled onto soup to boost the nutrient profile.

Salt & Pepper

Add a dash of salt to the seeds and bake. You can always add a little more salt after roasting if you like.

Curried Pepitas

Add approximately 1/2 teaspoon of curry powder and a dash of salt, along with 1/4 teaspoon of melted ghee and bake as above.

Italian Pepitas

Add 2 teaspoons of Italian herbs along with a dash of salt, and a dash of olive oil and bake as above.

Garlic Rosemary Pepitas

Add 1 teaspoon of garlic powder and 1 teaspoon of dried rosemary. You can probably use finely diced fresh rosemary if you have it, but I haven't tried it. Add a dash of salt, and bake as above.