



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Crunchy Salad Topper

Sometimes salads just need a little something extra. Even if it is a beautiful bowl of veggies, I often crave an extra depth to the meal. This perfect topper tastes even better after knowing that it's packed in lots of essential nutrients, like the rich source of zinc in the seeds. This is the crunchy salad topper you'll use on everything - I promise! Skip the croutons and use this nutritious Crunchy Salad Topper instead!

½ cup pumpkin seeds

¼ teaspoon dried rosemary

¼ cup sunflower seeds

1 tablespoon nutritional yeast

¼ cup sesame seeds

3 tablespoons tamari

¼ teaspoons ground cumin

Pinch of unrefined sea salt

¼ teaspoon ground paprika

Preheat the oven to 355°F (180°C). Mix the pumpkin seeds, sunflower seeds, sesame seeds, cumin, paprika, rosemary and nutritional yeast. Stir well to combine. Pour over the tamari and season with a pinch of unrefined sea salt. Stir well to combine and layer evenly on a lined baking sheet. Roast in the oven for 10-12 minutes or until the seeds begin to turn golden brown. You'll want to watch closely as this can happen fast. Remove from the oven and allow to cool - the cooling process is when your seed mix will go crunchy. Store in an airtight container for up to a month.

Recipe credit to Food Matters

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