

Seasoned Pumpkin Seeds



Discover the delightful flavor of our seasoned pumpkin seeds recipe. Indulge in this plant-based, protein-rich snack that will delight your taste buds and nourish your body. A delicious treat to satisfy your cravings anytime!

Preparation 10 min

Cooking 20 min

Servings 1

Ingredients

- Seeds of a pumpkin
- 10 ml (2 tsp) of olive oil or avocado
- 1 ml (1/4 tsp) salt
- 5 ml (1 tsp) of Italian herbs
- 5 ml (1 tsp) of yeast
- 2.5 ml (1/2 tsp) onion powder
- Pepper to taste

Preparation

1. Preheat the oven to 350 °F and spread aluminum foil or parchment paper on a baking sheet.
e with water.

3. Put the seeds on the baking sheet with the oil and seasonings, and mix.
4. Bake for about 20 minutes or until the seeds are lightly toasted.
5. Take out of the oven and let it cool down before tasting!

Notes



Guillaume Couture – Founder, President, and Director of Innovation
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