

Janice Feuer-Haugen, chef, food blogger, culinary coach and teacher. Author of five cookbooks including *Fruit-Sweet & Sugar-Free* and *Chocolate Decadence*. She shares her recipes and tips for living everyday healthy, everyday delicious in cooking classes and in her blog: EverydayHealthyEverydayDelicious.com.



TOASTED PUMPKIN, SUNFLOWER, SESAME SEED SPRINKLE

Naturally Delicious Recipes • Janice Feuer-Haugen

Rather incredible the impact of tiny, little nutrient-packed seeds. Whether a 2000-pound mammoth pumpkin, a giant 20-foot-tall sunflower or a 3-foot-tall sesame plant, each of these plants got their start from a small nutrient-rich seed. Seeds contain easily available protein, healthy fats, dietary fiber, minerals, vitamins, and antioxidants. It's these same nutrients that also make seeds so beneficial for our health and wellness.

MY INSPIRATION

Last year, with all the concerns about Covid, I noticed a number of articles recommending ways to strengthen our immune system and health. Many of these articles mentioned the benefits of zinc.

When looking at the lists of foods containing zinc, pumpkin and sesame seeds spoke to me. Inspired, I dry-toasted them in a pan on the stove, then tossed them in a bit of oil and a dusting of salt. *Voila!* In minutes, I had a condiment that added texture, taste, and zinc (plus many other nutrients) to sprinkle on most everything.

Soon after, I discovered that I didn't have enough pumpkin seeds to make another batch of *Sprinkle*. So, I added zinc-rich sunflower seeds to the mix. Since that fateful day, the recipe and the name were changed to include sunflower seeds in the *Sprinkle* mix.

Three Super Healthy Seeds in One Delicious, Nutritious Spoonful

PUMPKIN SEEDS

- ♥ High in healthy fats and plant-based protein
- ♥ Very good source of manganese, magnesium, copper, phosphorus, zinc and iron
- ♥ Good source of antioxidants, including unique diversity of forms of Vitamin E
- ♥ High-fiber content for enhanced digestion
- ♥ Help prevent iron-deficiency anemia
- ♥ Have anti-viral properties



SUNFLOWER SEEDS

- ♥ Excellent source of vitamin E, thiamine, selenium, zinc and manganese
- ♥ Keep skin healthy
- ♥ Have significant anti-inflammatory effects
- ♥ Reduce symptoms in asthma, osteoarthritis and rheumatoid arthritis
- ♥ Help maintain healthy cholesterol levels
- ♥ Reduce risk of heart attack and stroke
- ♥ Enhance immune response
- ♥ Lower blood sugar
- ♥ Help calm nerves



SESAME SEEDS

- ♥ Excellent source of copper
- ♥ Good source of calcium, manganese, magnesium, iron, zinc and dietary fiber
- ♥ Promote healthy blood cell formation
- ♥ Strengthen bones
- ♥ Good source of protein
- ♥ Help lower cholesterol
- ♥ Reduce blood pressure
- ♥ Enhance immune response
- ♥ Protect against anemia



Raw sesame seeds with hulls

Quick and Easily Made—*Pumpkin, Sunflower, Sesame Seed Sprinkle*

Almost delicious addition of taste, texture and nutrients for most everything. Enjoy a spoonful or two of *Toasted Pumpkin, Sunflower, Sesame Seed Sprinkle* in steamed, sautéed or stir-fried vegetables. Or sprinkle it on top of mixed green salads, soups, stews and grain bowls.

Include seed sprinkle in your veggie burger mixture. Consider adding it to your baked goods, such as breads, muffins, cookies and granola.

And, don't forget Seed Sprinkle for breakfast. Up the nutrients of both your hot or cold breakfast cereals and your fruit or yogurt parfaits.

Recipe on next page...

Toasted Pumpkin, Sunflower, Sesame Seed Sprinkle

Toast the seeds in a 12-inch skillet with sloping sides. Sloped sides let you easily shake the pan to efficiently redistribute and evenly toast the seeds. Of course, you can also use a silicone spatula to stir and toss the seeds. Learn how to toss seeds and other foods in a skillet like a pro in this online video: SeriousEats.com/2014/07/how-to-toss-food-skillet.html.

*Makes 2 cups
Total time about 20 minutes*

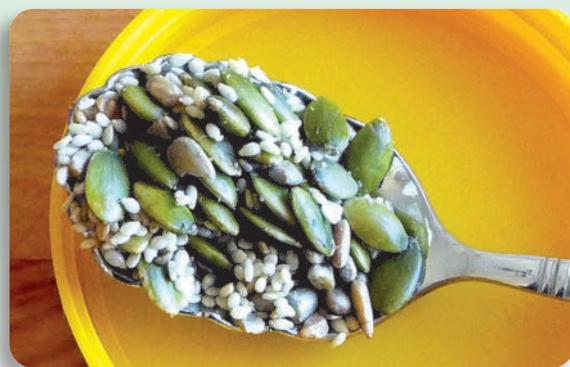
INGREDIENTS

- 1 ½ cups raw pumpkin seeds
- ½ cup raw sunflower seeds
- ½ cup raw sesame seeds with or without hulls
- 4 light squirts olive or avocado oil spray
- ¾ teaspoon Himalayan or sea salt



INSTRUCTIONS

- 1) Place a 12-inch skillet over medium-low heat. When hot, add the pumpkin and sunflower seeds. Every 30 seconds or so, use the flick of your wrist to toss the seeds (or stir them with a silicone spatula) to evenly toast them.
- 2) When the seeds are hot, fragrant and beginning to color (about 10 minutes), add the sesame seeds. Again, using the flick of your wrist, toss the seeds together every 30 seconds or so (or use a silicone spatula).
- 3) After about 2 minutes, you'll begin to hear a popping sound as the seeds toast. Continue the tossing (or stirring) for another few minutes until the seeds are lightly browned and puffed.
- 4) Turn off the heat. Lightly spray the toasted seeds with either olive or avocado oil and sprinkle with ¾ teaspoon Himalayan or sea salt. Use the flick



of the wrist maneuver, or a spatula, to toss and coat all the seeds with the oil and the salt.

- 5) Transfer the seeds to a paper-towel-lined, rimmed sheet pan to cool and to remove any excess oil.
- 6) When cool, place the toasted seeds in a jar or jars with a lid. Store *Toasted Pumpkin, Sunflower, Sesame Seed Sprinkle* in the freezer for weeks. ■

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Begin with pumpkin and sunflower seeds

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Tuesdays: 11:00–12:15 • drop-ins welcome

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