

Toasted Pumpkin Seeds



6 Ingredients, 1 serve, 15 Minutes Total Time

1 pinch salt
1/2 cup pumpkin seeds (toasted)
1 tablespoon oil*
water
cayenne pepper (optional)
smoked paprika (optional)

Note

If you do not have toasted pumpkin seeds on hand, you can make your own - see recipe below.

Instructions

- Preheat the oven to 350F/180C. If you're using fresh pumpkin seeds (from a pumpkin or other kind of squash), rinse the seeds, remove all squash debris, and place in a pot with water and some salt, and set to a low boil for about 15 minutes. You want to have about twice as much water as seeds in the pot. If you're using pepitas, there's no need to boil them.
- Drain the seeds.
- Lightly rub the seeds with olive oil as well as the baking sheets. Spread the seeds across the baking sheets in one layer.
- Sprinkle salt lightly across all the seeds.
- Optionally, sprinkle cayenne pepper and smoked paprika across all the seeds.
- Bake the seeds for about 15 minutes (about 10 minutes for the pepitas), or until they are as browned as you like them. If you're baking pepitas, you only need to bake them for about 8 minutes.

Notes

For SIBO diet ensure serving size is 2 Tablespoons or less per serve.

Warnings

**PUMPKIN SEEDS: 2T maximum per meal for SIBO phase 1 & 2

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	183
Total Fat	10g
Saturated Fat	2g
Cholesterol	--
Sodium	21mg
Total Carbohydrate	17g
Dietary Fibre	6g
Sugars	--
Protein	6g
Calcium	18mg
Iron	1mg
Magnesium	84mg
Phosphorus	29mg
Potassium	294mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg