

Toasted Tamari Lemon Pumpkin Seeds

by Christina Anderman, inspired by Beatriz Bivar

2 ½ c. hull-less pumpkin seeds, dry
¼ c. lemon juice (or substitute local apple cider vinegar)
1/8 c. tamari soy sauce



Local Ingredients:
Pumpkin Seeds



Mix together lemon juice and tamari, then pour into pumpkin seeds in a bowl and mix well. Cover with a lid and soak overnight, stirring a couple of times to bring the liquid up and coat seeds again.

Spread soaked seeds on a cookie sheet and slow roast them in a 200 F oven till dry, stirring frequently, about 1 hour or more.

A tasty nutritious snack as is, or sprinkled on salads. High in protein, iron and zinc.