

# Seed & Spice Blend

*Swick*

Makes 2 cups | Active Time: 15 minutes | Total Time: 2 hours 30 minutes

## Step 1: Toasting the Seeds

- 1 cup sunflower seeds
- 1 cup sesame seeds

To toast the seeds, bring a fry pan to medium–high heat. Add the sunflower and sesame seeds.

Toss gently until the seeds begin to pop and become aromatic. They should acquire nice a golden color.

## Step 2: Adding the Seasonings

- 1/4 cup nutritional yeast
- 1 tbsp Chili Powder
- 1 1/2 tbsp ground cumin
- 2 tbsp onion granules

Before adding the seasonings, turn off the heat, and while the pan is still hot, add the nutritional yeast and spices and toss well to combine.

Note: Depending on the spiciness of the chili powder used and how spicy you like your food, you may want to adjust the amount of Chili Powder you add.

Allow the mixture to cool and place in a sealed container.

## Chef's Notes

Sprinkle on salads or add to grains and beans. You can also try other spice combinations depending on your preference.

This recipe was inspired by super talented Chad Sarno from Wicked Healthy Food.