

Seasoned Seeds

Yield: 3 cups

Ingredients:

3 cups pumpkin or sunflower seeds, soaked 4-6 hours, rinsed and drained

3 Tablespoons Tamari

½ tablespoons onion powder

¼ teaspoon garlic powder

1/8 teaspoon cayenne

Directions:

In a medium bowl, combine all ingredients and stir to mix.

Spread seasoned seeds on dehydrator trays lined with grid sheets using 1 cup measure for 2 cups per tray. (2 trays).

Dehydrate at 105° for 18 to 24 hours

Store in airtight container in the refrigerator for up to 6 months

Notes:

- I use ½ sunflower and ½ pumpkin seeds and put them in the same bowl for soaking.
- Seeds can be sprouted for 1 day for that extra nutritional punch