

BREAKFAST TOPPER

2 tbsp pumpkin seeds
2 tbsp sunflower kernels
2 tbsp toasted coconut
1 tbsp black sesame seeds
1/4 tsp McCormick Cinnamon, Ground
1/8 tsp McCormick Ginger, Ground

Makes 3/4 cup

Toss to combine.



SALAD SPRINKLE

2 tbsp cashew nuts
1 tbsp sunflower kernels
2 tsp cumin seeds
2 tsp coriander seeds
1 tbsp white sesame seeds
1/2 tsp McCormick Turmeric, Ground
1/4 tsp McCormick Paprika, Ground
1/8 tsp McCormick Ginger, Ground
1/4 tsp sea salt
1/8 tsp McCormick Black Pepper, Cracked

Makes 1/2 cup

Heat a small pan over medium heat. Add seed topper ingredients to pan. Cook for two minutes stirring until seeds are toasted and mixture fragrant. Immediately pour out of hot pan, allow to cool completely, store in a cool, dry place up to two weeks.



GOMASIO

3 tbs white sesame seeds
2 tbs black sesame seeds
1/4 tsp sea salt
1/8 tsp McCormick Black Pepper, Cracked
1/8 tsp McCormick Chilli Flakes

Makes 1/2 cup

Heat a small pan over medium heat. Add 1/8 tsp of oil and seed topper ingredients to pan. Cook for three to four minutes stirring until seeds are toasted and mixture fragrant.

Immediately pour out of hot pan, allow to cool completely, store in a cool, dry place up to two weeks.



NEED FOR SEED BLENDS

 Flavour Forecast 2019
RECIPE CHALLENGE
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