



ADD CRUNCH WITH PUMPKIN SEEDS



Pumpkin seeds are a versatile addition to a variety of dishes—and they add a delightful crunch! They are an excellent source of protein, healthy fats, and various minerals like magnesium and zinc, making them a nutritious addition to your meals and snacks. Remember that you can use pumpkin seeds in both raw and roasted forms, depending on your preference and the flavor profile you're aiming for. Here are some ideas on how you can use pumpkin seeds to enhance your meals:

- **Salad Topping:** Sprinkle roasted pumpkin seeds over your salads for an extra layer of texture and flavor. They pair well with both leafy greens and heartier vegetables.
- **Roasted Vegetables:** Toss pumpkin seeds with your roasted vegetables before cooking. The heat will toast the seeds, enhancing their nutty flavor and providing a crunchy contrast to the tender vegetables.
- **Grain Bowls:** Add a handful of pumpkin seeds to your grain bowls, whether it's rice, quinoa, or couscous. They provide a satisfying crunch and complement the textures of the grains and vegetables.
- **Soup Garnish:** Use pumpkin seeds as a garnish for soups and stews. The contrast in texture can elevate the overall experience of the dish.
- **Breakfast Parfait:** Layer pumpkin seeds with yogurt and fruits for a wholesome and satisfying breakfast parfait. The seeds add a crunchy element to the creamy yogurt and soft fruits.
- **Trail Mix:** Create a homemade trail mix by combining pumpkin seeds with nuts, dried fruits, and perhaps a touch of chocolate for a balanced and energy-boosting snack.
- **Baked Goods:** Add pumpkin seeds to your bread, muffin, or granola bar recipes for an added crunch and a boost of nutrients.
- **Smoothie Bowl Topping:** Sprinkle pumpkin seeds over your smoothie bowls to provide a textural contrast to the creamy base.
- **Pasta Dishes:** Use pumpkin seeds to top pasta dishes, whether it's a creamy Alfredo or a light olive oil-based pasta. They can provide an unexpected and delightful crunch.
- **Homemade Pesto:** Substitute or add pumpkin seeds to your homemade pesto for an earthy flavor and a different kind of nuttiness.
- **Rice Paper Rolls:** Include pumpkin seeds in your rice paper rolls for an unexpected crunch alongside your fresh vegetables and protein.
- **Homemade Granola:** Use pumpkin seeds as an ingredient in your homemade granola for added texture and nutritional benefits.

