

Simon & Garfunkel Toasty Seeds

My children enjoy Simon and G toasties on everything! Yes, they are that good! Try these little toasties on rice, soup, salad and of course they are delicious by themselves. They are also super easy to make!

3 cups raw sunflower seeds
3 cups raw pumpkin seeds
2 cups raw sesame seeds
1/4 cup water
2 Tbsp. salt
2 Tbsp. onion powder
2 Tbsp. parsley
1 Tbsp. sage
1 Tbsp. rosemary
1 Tbsp. thyme



On a cookie sheet, mix dry seeds with water. Add salt and seasonings and stir to coat the seeds. Spread out on a cookie sheet. Bake at 350 degrees for 40-50 minutes, stirring often, until seeds are golden. Cool and store at room temperature.

*These are also amazing soaked and sprouted and then dehydrated!

Recipe by Annie Miller