

# **SPICEY ALMOND SEED MIX**

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## **INGREDIENTS**

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**2 tbsp coconut or olive oil**

**5 oz almonds**

**4 oz pumpkin seeds**

**4 oz sunflower seeds**

**1 tsp ground cumin**

**1 tsbp chili paste**

**1/2 tsp sea salt**

## **PROCEDURE**

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**Heat the oil in frying pan and add the chili paste first.**

**Add almonds and seeds. Stir thoroughly.**

**Salt and sauté for a few minutes more.**

**Almonds and seeds are heat sensitive.**

**The oil should be hot enough for the spice flavors to develop, but the almonds and seeds should not be burned.**

**Let cool and store in a glass jar.**