





# INGREDIENTS

## PUMPKIN SEED TOAST



pumpkin seeds  
250 g



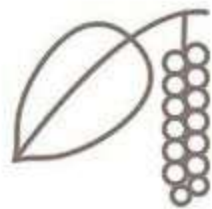
water  
50 ml



arrowroot or kudzu  
12 g



oregano  
1 g



ground black pepper  
to taste



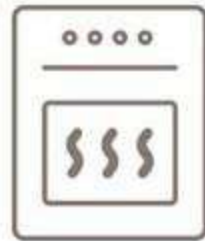
salt  
to taste

## PREPARATION

### PUMPKIN SEED TOAST



Shred everything in a food processor and spread on a baking tray



Bake at 160° C for about 10 minutes



Cut as desired size or shape