

Pepita Sprinkle

Ingredients

1 cup pepitas
½ cup nutritional yeast
1 tsp garlic powder
1 tsp salt

Method

1. Place the pepitas in a dry frying pan and place it on the heat until the pepitas start to pop a little. Give it a shake from time to time. Remove from heat and put on a plate or tray to let cool down.
2. Once cooled place the pepitas in a food processor with the nutritional yeast, garlic and salt and process until it resembles fine breadcrumbs.

Veet Karen