



rootmatters

Recipe

Spicy Pumpkin Seed Dip

Simple Vegan and Gluten Free Dip



SERVINGS: 4
PREP TIME: 15 mins

METHOD

1. Either heat up a grill or frying pan and toast the pumpkin seeds for about 3-4 minutes; or heat up an oven at 160 C and roast for about 6-8 mins. Allow the pumpkin seeds to become a light golden brown colour, then remove from heat and allow to cool down.
2. In a food processor, combine the pumpkin seeds, tomato, Jalapeno pepper, parsley, coriander, garlic, ACV, olive oil and sea salt. Process until smooth.
3. Taste and adjust seasoning if needed. Serve with crackers, pita bread, raw vegetables such as carrots, celery, cucumber, broccoli, cauliflower etc.

TIPS

*Best to use organic produce, and Vine-ripened tomatoes

INGREDIENTS

1 cup Raw Hulled Pumpkin Seeds
1 Medium Tomato, roughly chopped (Vine ripened ones are good!)
½ Jalapeno Pepper, roughly chopped (seeded)
¼ cup chopped Parsley
¼ cup chopped Coriander (Cilantro)
2 cloves Garlic
2 tsp Apple Cider Vinegar (ACV)
2 tbsp Olive Oil
1 tsp Sea Salt
Serve with Crackers, Pita Bread, Raw Vegetables

KELLY TSOI

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