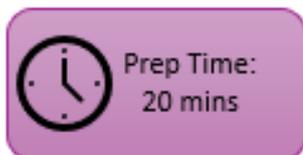## Pumpkin Seed

A pumpkin seed, also known as a pepita, is the edible seed of a pumpkin. The seeds are typically flat and oval, have a white outer husk and are light green in colour after the husk is removed. Pumpkin seeds are a rich source of protein, unsaturated fatty acids, vitamins and minerals. Pumpkin seeds are a great source of dietary fiber which can help promote good digestive health. They can be incorporated into meals very easily, be eaten either raw or roasted and added to smoothies, yogurt, fruit bowls and salads.

Seedy Crackers

Recipe courtesy of Caroline Trickey, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website https://dietitiansaustralia.org.au/recipes

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.

Ingredients

½ cup linseeds (flaxseeds)
½ cup sunflower seeds
½ cup pumpkin seeds
2½ tbsp chia seeds
2 tbsp sesame seeds
1 tbsp extra virgin olive oil
1 cup (250ml) water

Method:

1. Combine linseeds, sunflower, pumpkin, chia and sesame seeds in a medium bowl.
2. Pour in olive oil and water and allow to sit for at least 15 minutes until all the water has been absorbed.
3. Meanwhile, heat oven to 170°C.
4. Line a large baking tray or 2 smaller trays (approximately 23cm x 32cm) with greaseproof paper.
5. When the mix is ready, spread evenly over trays using a spatula. The mix will be approx 3-4 mm thick.
6. Bake in oven for 20 minutes.
7. Remove from oven, transfer to a cutting board and cut into desired cracker sizes.
8. Place back in the oven for a further 20 minutes.
9. Remove from oven again, carefully turn the crackers over, remove paper, then put back in the oven for another 10-15 minutes.
10. Cool before eating or transferring to glass jars for storage.

Nutrition:

Energy	94kJ (22 calories)
Protein	1g
Saturated Fat	0.2g
Total Fat	2g
Carbohydrates	0.1g
Sugars	-
Dietary Fibre	0.6g
Sodium	1mg

Nutritional information is provided per serve