

Pumpkin Seeds — Seeds of Goodness

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Like other seeds pumpkin seeds are full of nutrients. They are a good vegetarian source of zinc and essential omega 3 and 6 fatty acids which are important for many functions including healthy skin, immunity, wound healing and hormone balance. Pumpkin seeds may also reduce the risk of prostate problems.

Pumpkin seeds are rich in magnesium which helps us relax. Magnesium is also necessary for good blood sugar balance and healthy bones.

Pumpkin seeds are a vegetarian source of protein and are low in carbohydrates, making them a great snack for anyone who wants to achieve or maintain good blood sugar balance. They also provide iron which we need for good energy levels.

Pumpkin seeds are very versatile. Add them to your breakfast cereal, sprinkle over salads or soups, or just nibble on them as a healthy snack. For more ideas see left.

Recipes

Home-made muesli

Making your own muesli only takes a few minutes and you know exactly what's in it. Use other nuts and/or seeds for variety. You can of course make larger quantities and store in an airtight container.

Serves 4

200g jumbo oats

50g ground almonds

50g dessicated coconut

50g pumpkin seeds (or other nuts or seeds)

50g chopped dried apricot

Mix all ingredients and serve with yoghurt and fresh fruit.

Roasted pumpkin seeds

These make a healthy and delicious alternative to salted peanuts and crisps.

200g pumpkin seeds

1-2 tsp soya sauce

Preheat oven to 180°C. Place seeds on a roasting tray and roast for 10-15 minutes. Put in a bowl, sprinkle with soya sauce and serve.



Recipes

Lentil Feta and Spinach Salad

This salad is ideal for lunch or a light dinner. It is very satisfying and will keep you going for a long time.

Serves 2-3

200g Puy lentils
2 red peppers, quartered and deseeded
150g baby spinach leaves
100g feta cheese, cubed
1 tbsp extra virgin olive oil
2 tsp balsamic vinegar
1 garlic clove, crushed
Freshly ground pepper

Place lentils in a saucepan, cover with cold water and bring to the boil. Simmer for 30 min or until lentils are soft and drain.

Place peppers skin side up under the grill and cook until the skins are turning black. Allow to cool and remove skin. Slice the flesh into strips.

Combine lentils, peppers, spinach and feta cheese and mix with the olive oil, balsamic vinegar and garlic and season with pepper. Serve at room temperature.

Warm Broccoli and Red Pepper Salad

Serves 4

1 medium head of broccoli, broken into small florets
2 large red peppers, deseeded and quartered
Olive oil for roasting
2 large cloves of garlic, unpeeled
3 tbsp olive oil
1 tbsp balsamic vinegar
Salt and pepper to taste
3 tbsp pine kernels

Coat baking tray and peppers with olive oil and roast together with the whole garlic cloves at 200°C for 20-25 minute, until the skin of the peppers begins to show bubbles. Set aside to cool. Once cool remove the skin of the peppers and cut them into strips.

Meanwhile steam the broccoli florets for 4-5 min, they should still have some bite.

Roast the pine kernels in a dry pan for about 3 min until they start to turn golden, take care not to burn them.

For the dressing remove the skin of the roasted garlic and mash the inside. Mix with the oil, vinegar and spices. Carefully mix the dressing with the broccoli and red pepper, and sprinkle with the pine kernels.