

Turmeric Pepita Benefits

Loaded with protein

Contain Omega-3 Fatty Acids

Good source of minerals like
Magnesium, Zinc, & Iron

Turmeric is a depression fighter and an anti-inflammatory spice

Turmeric Pepitas from Run Fast, Eat Slow

Ingredients

1 tablespoon butter (I use olive oil)

1 teaspoon turmeric

1 teaspoon curry powder

1/4 teaspoon pepper (my addition to activate the turmeric)

2 tablespoons honey

1/2 teaspoon salt

2 cups raw, shelled pepitas

Directions

1. Preheat oven to 350 F. Line a baking sheet with parchment paper or a silpat
2. Melt butter or heat olive oil on medium-low in a medium skillet. Add turmeric and curry powder and cook until fragrant, stirring continuously, about 1 minute. Turn off the heat and stir in the honey and salt. Add pepitas and stir to coat.
3. Spread pepitas on the baking sheet and roast in the center of the oven for 10 minutes, stirring after 5 minutes. They'll look moist right out of the oven but will crisp up when they cool.
4. Cool completely in a single layer, then break apart any clusters and transfer to a jar. (I like to keep them in clusters for easy shared snacking.)