

# Toasted Spiced Seeds

## Ingredients:

3 table spoons pumpkin seeds

3 table spoons sunflower seeds

1 table spoon za'atar

1 table spoon olive oil

Pinch sea salt

## What to do:

- 1) Preheat oven to 150c and line baking tray with baking paper.
- 2) Combine ingredients and spread over tray.
- 3) Bake for 10-12mins.