

Amazing Grass Sunflower Seeds

I have a small kitchen with no pantry. It's a pain to say the least, but I have found a system that works for me. Well, sort of works. Okay, not really, but it's what I've got, and I've learned to make it work.

Instead of a pantry, I have a lazy Susan cabinet that I use for things like cereal, nuts, and other odds and ends. It would probably be fine if I didn't overfill it, but I do. By a lot. So much that I often forget what's in there. Like I forgot about my Amazing Grass Green Superfood powder.

If you've never had this before, it's a powder that is made of good for you green vegetables, as well as a few other powerhouse foods. It's a fine green powder, and I think the idea of it is to mix it into water and drink it. I tried that once, wasn't thrilled, and haven't really used it since. I stumbled upon it the other day while looking for something, and decided to put it use, probably in a smoothie or something similar.

Then I had an idea. What if I used it kind of like a seasoning? Could that work? I was bound and determined to find out, which is how these sunflower seeds came about. The end result is a pretty perfect snack — it's super nutritious *and* addictively good.

I roasted the sunflower seeds with the green powder and my Ava Jane's Kitchen extra-virgin avocado oil, and the combo is perfect. The flavor of the oil compliments the green powder nicely. It's floral and fragrant, with a pleasant green flavor. I know that's not the best description, but it's the best way I know to describe it.

There are other green powders on the market, so if you have one that you like, feel free to use that. If you've never tried one, you can find them at a health food store like Whole Foods, or even on Amazon.

I used sunflower seeds here, but you can use any nut or seed you like; just make sure it's raw when you start. Store the cooled seeds in a sealed container if you don't eat them all right away.

Ingredients:

1 cup raw, shelled, sunflower seeds
2 teaspoons green powder, such as Amazing Grass Green Superfood Powder
3 tablespoons Ava Jane's Kitchen extra-virgin avocado oil
Pinch sea salt

Directions:

Preheat oven to 325 degrees F.

Toss the sunflower seeds, green powder, and avocado oil in a large bowl until well coated.

Lay on a parchment lined baking sheet in a single layer. Roast for 30 minutes, stirring once about halfway through. Remove from oven, let cool, and let the snacking begin!