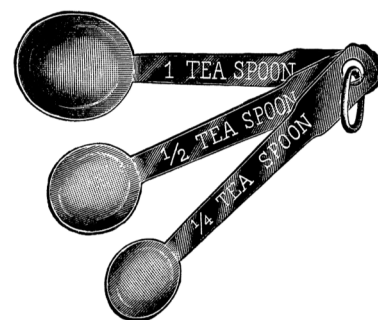


Thieves Pumpkin Seeds

with essential oils

Here's a nutritious snack with a twist. Add Thieves Vitality to provide both an aromatic blend that fills any space with a rich, spicy aroma and support for your immune system.



Serves 3-4

Prep / Cooking: 30 min

Ingredients

- 2 cups, soaked, raw pumpkin seeds
- 3 teaspoons cooking oil (I like melted coconut oil or avocado oil)
- 3 drops Thieves Vitality
- 1 tsp honey
- 1 tsp cinnamon
- 2 tsp salt & 1/4 cup salt for soaking seeds
- water for soaking seeds



Directions

1. Soak seeds in 1/4 cup salt, and water (enough water to go 1/2 inch over seeds) overnight.
2. Drain water from seeds. Preheat oven to 375 degrees. Stir Thieves Vitality, pumpkin seeds, cooking oil, honey, cinnamon, and salt until the seeds are evenly coated.
3. Pour mixture onto a greased baking sheet, not a cookie sheet.
4. Stirring every 10 minutes, bake for 30 minutes or until golden and crunchy.

Abundance in Simplicity