

Serving size 1 oz.

Nutrition Facts

servings per container	
Serving size	(19g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	

Ingredients-

- ♥ 1 lb. raw pepita seeds
- ♥ 3 egg whites
- ♥ 2 ¼ oz. sugar
- ♥ ¼ oz. salt
- ♥ ½ tsp. cayenne pepper
- ♥ ¼ tsp. chili powder

PREPARATION:

1. Separate egg whites from yolks. Save yolks for future use
2. In a small bowl, whisk egg whites until frothy
3. Add salt, sugar, and spices to the egg whites
4. Stir the pepitas into the egg white mixture until thoroughly coated
5. Line a full sheet tray with parchment paper
6. Using a rubber spatula, spread the seeds onto the parchment paper in a thin, even, layer
7. Bake at 350°F (low fan) for 20 minutes. Every 5 min, stir the seeds and spread them out evenly