



NOVEMBER'S RECIPE:

SHOYU ROASTED SEEDS

These toasted seeds are always popular. They are a delightful snack and can be sprinkled over salads, plain vegetables or grains.

Preparation time: 10 mins

Ingredients	Method
1 cup sunflower seeds 1/2 cup pumpkin seeds	Heat the sunflower seeds in a heavy skillet over a medium flame for about 5 minutes. Add the pumpkin seeds and continue dry roasting until they begin to brown and the first seeds begin to pop.
2 tablespoons soy sauce	Pour the soy sauce over the seeds and turn quickly so that they are all coated. Keep roasting and turning the seeds for a few minutes until the soy sauce is well absorbed.

Energetics

These seeds help strengthen the Qi and support the Spleen and Kidney. The soy sauce draws the action down into the Intestines and lower Jiao.