



SUPERSEEDZ Maple Sugar & Sea Salt

Truly I love pumpkin seeds. I always use fresh pumpkin for my pies for Thanksgiving and then I roast the seeds. However, they always have a little bit of stringy stuff on them – annoying. So these seeds from Superseedz are amazing! Perfectly toasted, no strings of course, and this new flavor of maple sugar and sea salt is oh so sweet and oh so savory, all at the same time!



Ingredients

Serves 3-4

- ◇ 1 bunch of asparagus
- ◇ 1 Tbs. unsalted butter
- ◇ 2 Tbs. chopped Maple Sugar & Sea Salt Superseedz Pumpkin Seeds
- ◇ 1 Tbs chopped basil

Instructions

1. Melt the butter and set aside. Chop the seeds and basil and set aside
2. Wash asparagus. Holding both ends, bend and break the asparagus stalk at the tender point and discard the end.
3. Spread out stalks in a large skillet and fill skillet with ¼ inch of water. Bring to a boil, lower to a simmer, cover and cook for 4 – 5 minutes until crisp tender. Remove asparagus and dry with a clean linen or cotton towel.
4. Lay asparagus out on a platter. Drizzle butter evenly on top. Distribute the chopped Maple Sugar & Sea Salt Superseedz Pumpkin Seeds in a line in the center of the asparagus. Garnish with the chopped basil on top of the seeds. Serve with LOVE and enjoy!!

Notes
