

# PUMPKIN SEEDS BEST RECIPES



# NATURE'S HEART<sup>®</sup>



**SUPERFOOD PORRIDGE POWDER**



**ROASTED CAULIFLOWER STEAKS WITH PUMPKIN SEED PESTO**



**VEGAN GARDEN FOCACCIA**

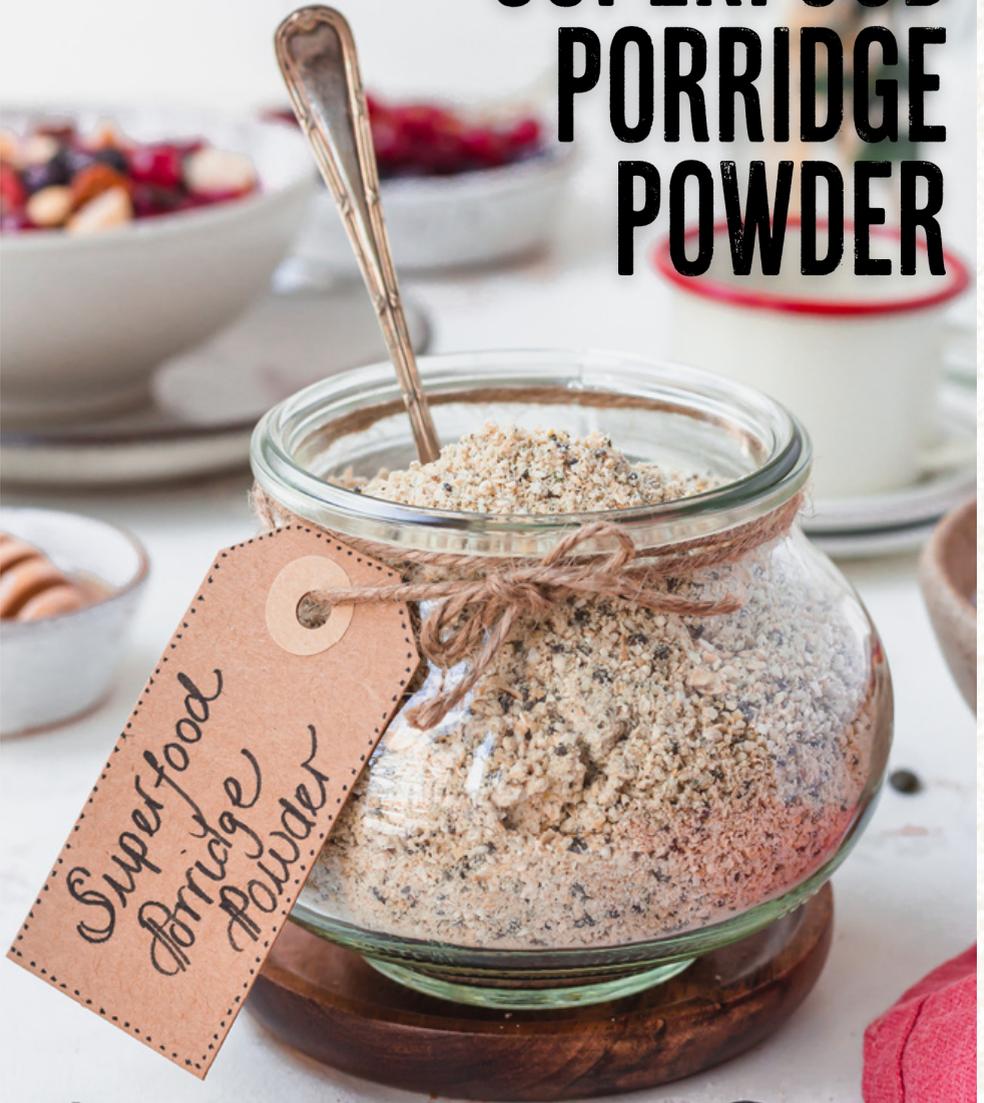


**SUPER SEED GRANOLA BARS**



**PUMPKIN SEED PASTRY PUFFS**

# SUPERFOOD PORRIDGE POWDER



**NATURE'S HEART®**



## SUPERFOOD PORRIDGE POWDER

 makes 6 servings

 5 minutes

### Ingredients

- 200g oats
- 50g pumpkin seeds
- 40g desiccated coconut
- 2 tbsp chia seeds
- 2 tbsp hemp seeds
- 2 tbsp uncooked quinoa

### Method

1. Add all the ingredients to a blender or food processor and blitz to a fine flour texture.
2. Add to a jar a seal well. Store for 1-2 months.

# ROASTED CAULIFLOWER STEAKS WITH PUMPKIN PESTO



**NATURE'S HEART®**



**NATURE'S HEART®**

## ROASTED CAULIFLOWER STEAKS WITH PUMPKIN PESTO



makes 8-12



30 minutes

### Method

1. Preheat the oven to 160°F/180°C and all the pumpkin seeds to a tray. Roast for 10 mins until fragrant, tossing halfway through. Allow to cool fully. Add the roasted seeds to a blender and pulse to a fine meal. Add the nutritional yeast and garlic and pulse again. Now add the basil rocket and lemon juice and blend to a chunky paste. Gradually add in the olive oil and water and blend to your desired consistency.
2. Turn up the oven to 180°F/200°C and line a large tray with baking paper. Remove the leaves of the cauliflower and save these. Slice the cauliflower into thick strips about 2.5cm keeping all the florets intact. Add all the steaks to the tray and brush with olive oil, salt and pepper. Bake for 25 minutes, carefully flip over and bake for a further 5-10 minutes until golden.
3. Cook the grains according to packet instructions and leave to cool. Fluff with a fork and mix with salad ingredients.
4. Add a handful of rocket to two plates and top with most of the grain salad. Lay the roasted cauliflower steaks over the salad and add on the pesto. Sprinkle over some extra pumpkin seeds.



### Ingredients

For the Pumpkin Seed Pesto:

- 80g pumpkin seeds
- 2 tbsp nutritional yeast
- 1 garlic clove, crushed
- 20g fresh basil
- 10g rocket
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1-2 tbsp water
- salt and pepper

For the Cauliflower:

- 1 large head of cauliflower
- 1-2 tbsp olive oil

For the Grains:

- 80g bulgur wheat or quinoa
- 1 large spring onion, chopped small
- 40g pomegranate
- 60g olives, in slices
- 1/2 red pepper, in small chunks
- 1 tsp lemon juice
- 1 tsp olive oil

Recipe by @nourishingamy

# VEGAN GARDEN FOCACCIA



**NATURE'S HEART®**



## Ingredients

### For the Dough:

- 250g strong white flour
- 1 tsp fast action yeast
- 1/2 tsp salt
- 1 tsp sugar
- 1tbsp olive oil, plus extra
- 180ml lukewarm water

### For the Top:

- 2 tbsp olive oil
- 1 garlic clove

### For the Decoration:

- Sunflower seeds
- Pumpkin seeds
- An array of vegetables e.g. asparagus, tomatoes, red onion, peppers
- Fresh basil, to serve



**NATURE'S HEART**

## SWEET POTATO, CINNAMON COFFEE CAKE



serves 16



65 minutes

## Method

1. Add the flour, yeast, salt and sugar to a bowl and mix well. Gradually pour in the olive oil and water and bring to a dough. Knead for 3 minutes on a low machine setting to reach a sticky dough or by hand for 3-5 minutes.
2. Grease a bowl with olive oil and place the dough inside. Cover loosely and leave somewhere warm to rise for 60 to 75 minutes, until almost doubled in size.
3. Meanwhile, crush the garlic and add to the olive oil with the salt and stir well.
4. Line and grease an 8-inch square dish. Transfer the risen dough into the dish and spread it out to fill the square. Drizzle over half the olive oil and use your fingertips to make dimples all over the top of the dough. Cover again and leave somewhere warm to rise for 40 to 45 minutes.
5. Trim the asparagus, half the tomatoes, slice the red onion and slice the peppers and preheat the oven to 200Fan/220°C.
6. When the dough has risen, make more dimples/indentations all over the surface of the dough. Now create your garden scene (make sure the tomatoes are cut-side up so they don't turn the bread soggy), adding the sunflower and pumpkin seeds and then drizzle over the rest of the oil. Bake in the middle of the oven for 18 minutes, or until golden on top and fluffy.
7. Cool for 10 minutes then enjoy warm or allow to cool fully, decorate with fresh basil and cut into slices/squares. Store for 1-2 days in a sealed container or freezer for up to 1 month.

# SUPER SEED FRUIT AND NUT GRANOLA BARS



**NATURE'S HEART®**



**NATURE'S HEART®**

## FRUIT, NUT, AND SEED GRANOLA BARS



makes 8-12



30 minutes

### Ingredients

- 60g smooth, runny nut butter
- 80ml maple syrup
- 60ml coconut oil
- 1tsp vanilla essence
- 100g oats
- 100g mixed nuts
- 30g sunflower seeds
- 50g pumpkin seeds
- 20g hemp seeds
- 20g Chia Seeds
- 100g Blueberry and Goji Immune Mix, chopped
- 1/2 tsp cinnamon
- a pinch of salt

### Method

1. Preheat the oven to 160Fan/180c and line an 8-inch square tin with parchment paper.
2. Add the nut butter, syrup, coconut oil, and vanilla to a bowl and whisk until smooth.
3. Add the oats and nuts to a blender and pulse until small. Pour into the bowl with the nut butter mix.
4. Pour in the seeds, Immune mix, cinnamon, and salt. Stir until sticky.
5. Press firmly into the tin to make a compact, even mix.
6. Bake for 20 minutes, until golden brown and crispy.
7. Allow to cool for at least 1 hour before slicing into 8 bars using a sharp knife
8. Enjoy warm or allow to cool and store in a sealed container for up to one week.

# ROCKET & PUMPKIN SEED PESTO PUFFS



**NATURE'S HEART®**





## Ingredients

---

- 2 cups firmly packed rocket
- 1/4 cup Nature's Heart Pumpkin Seeds
- 1-2 garlic cloves
- 2 tbsp lemon juice
- 4 tbsp nutritional yeast
- 1 tsp sea salt
- 1 sheet puff pastry
- oil, for brushing



## PUMPKIN SEED PASTRY PUFFS

 makes 8-12

 30 minutes

## Method

---

1. To make the pesto, blend the ingredients into a thick paste. Refrigerate until use.
2. Preheat the oven to 180C and line a tray with baking paper. Unroll the puff pastry and spread with a thin layer pesto evenly. Tightly roll up both long edges of the pastry so they meet in the middle. Freeze for 10 mins.
3. Slice the roll into 1/2 inch slices, brush lightly with oil to help browning.
4. Bake until bronzed and fragrant.