



# Recipes

## Sea Vegetables

### **Dulse-Pumpkin Seed Condiment**

*Prep Time: 5 minutes*

*Cooking Time: 15 minutes*

*Yield: 8 servings*

#### **Ingredients:**

- 1 cup dried pumpkin seeds
- 1 tablespoons dried dulse flakes
- 1/2 teaspoons sea salt

#### **Directions:**

1. In a small skillet, dry roast the seeds on medium heat, stirring constantly, until the seeds pop. Remove and let cool.
2. Preheat oven to 400°F.
3. On a baking sheet, place the dulse and bake for 3-5 minutes.
4. Using a blender, blend together the cooled seeds and dulse.
5. Use immediately or refrigerate until ready to use.

#### **Note:**

- This can be stored in an airtight container in the fridge for several weeks.