



Toasted nuts/Soy seeds

BY MIDLIFE MENU

Ingredients:

1 3/4 cups
Almonds Or Any Other Nuts
(shelled)

Instructions:

1. Preheat oven to 180°C and spread the nuts across a baking sheet.
2. Toast in the oven for 5 to 10 minutes, toss the nuts so that they toast evenly. If not yet golden brown, toast for another 5 to 10 minutes
3. Remove from oven, let cool and then portion them up to enjoy during the week!

Ingredients:

1 3/4 cups
Mixture Of Pumpkin Seeds And
Sunflower Seeds (shelled)

Instructions:

1. Preheat oven to 180°C and spread the seeds across a baking sheet.
2. Toast in the oven for 5 to 10 minutes, toss the seeds so that they toast evenly. If not yet golden brown, toast for another 5 to 10 minutes
3. Remove from oven and while still hot, shake 1tbsp soy sauce over the seeds (they will hiss!). Mix the soy sauce into the seeds, let cool and then portion them up to enjoy as snacks during the week!

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