



# Low Carb Roasted Pumpkin Seed Recipes & Tips

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# Roasted Pumpkin Seed Recipes

You have a boring bowl of pumpkin seeds... *Now what?* Roast them, dress them up and slap 'em into a fabulous, **low carb pumpkin recipe**.

Sit back and become the sophisticated envy of your 'ordinary pumpkin seed' friends.



## Master Your Low Carb Pumpkin Seeds

**It's all here:** Reasons to use pumpkin seeds, prep tips for guaranteed success and recipes so unique, you'll never be faced with pumpkin seed boredom again.

- Health benefits of **low carb pumpkin**
- How to roast pumpkin seeds and 6 essential prep tips
- Our **Signature Low Carb Pumpkin Seed Recipe** plus 10 variations
- 5 recipes to use your roasted **low carb pumpkin seeds**

## **Healthy Low Carb Pumpkin Seeds?**

You bet. **Low carb pumpkin seeds** are excellent sources of iron, protein, zinc, copper, magnesium and potassium.

One quarter cup of pumpkin seeds provides 20% of your daily recommended iron and almost 50% of your recommended magnesium.

## **Essential Low Carb Pumpkin Seed Prep Tips**



### **1. Wash Your Pumpkin Seeds Like There's No Tomorrow**

There are two ways to go about this – under water, or squeeze and pop.

**Water Method:** Scrape out the pumpkin seeds and guts, place into a large bowl. Cover the seeds with water. The seeds will float and the guts will sink. Carefully pick out the seeds.

**Grab-and-Go Method:** Scrape the pumpkin guts out and place into a large bowl. Reach inside the pumpkin, grabbing the guts. Squeeze tightly and the seeds will pop to freedom.

## **2. Slick Up Your Seeds**

Covering the pumpkin seeds with oil helps them toast evenly and encourages the salt to stick.

## **3. Always Slow-Dry Before Roasting**

Blot your seeds with paper towels to remove excess moisture. Spread them out and bake in a 200°F oven, stirring occasionally until dried for about an hour.

Oddly, you may also dry them using a hair dryer or heat gun. The key here is high heat, low fan.

## **4. Plan a Slow and Steady Roast**

Avoid unevenly cooked pumpkin seeds. Set your oven to 325°F for roasting. It takes about 25 minutes. Stir your pumpkin seeds so they cook evenly.

## **5. Season Those Seeds Silly**

Salt your seeds. Add unexpected flavors. Pumpkin seeds are a nutritious canvas for bolder tastes.

## **6. Chill Out**

When your pumpkin seeds come out of the oven, they aren't completely dry. They keep letting off moisture while they cool. If you store them while they are hot, the moisture toughens them, making them stale.

Cool your seeds completely before storing them at room temperature in air-tight containers.

# Signature Roasted Pumpkin Seeds

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



This is your go-to **low carb pumpkin seed recipe**. Start here, then add special spices and seasonings (*recipes below*) to spice them up!

## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns

## Instructions

Carefully wash pumpkin seeds to remove all excess pulp. Transfer pumpkin seeds to a paper towel-lined rimmed baking sheet.

Allow to rest at room temperature until completely dry, about 1 hour. To speed up the process, dry pumpkin seeds in a 200 degree oven, stirring occasionally, or use a hair dryer.

Adjust oven rack to center position and preheat oven to 325°F. In a large bowl, toss dried pumpkin seeds with oil and season with salt and pepper.

Transfer to a rimmed baking sheet. Roast until pale golden brown, stirring occasionally – about 25 minutes total.

## 10 Roasted Pumpkin Recipe Variations



Roast your pumpkin seeds, then try these 10 **low carb pumpkin seed recipes**. The unusual flavor variations are very different from traditional, ho-hum roasts.



# Toasted Coconut Chili Pumpkin Seeds with Lemongrass

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt, ground black peppercorns
- 2 stalks of lemongrass
- 2 Thai chilies
- 1 lime ,1 clove garlic

## Instructions

Finely chop the tender bottom section of two stalks of lemongrass along with 2 Thai chilies. Stir this together with a tablespoon of fish sauce, a teaspoon of lime juice, a half teaspoon of grated lime zest and a minced garlic clove.

Roast your seeds according to our Signature Roasted Pumpkin Seeds recipe. As soon as the seeds come out of the oven, toss them with the lemongrass mixture in a large bowl.

Return to the baking sheet and bake for an additional five minutes before allowing to cool. Toss the cooled seeds with toasted flaked coconut and finely minced cilantro.



# Pumpkin Seeds with Smoked Paprika Chorizo

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns
- 4 ounces smoked chorizo sausage

## Instructions

Slice 4 ounces of Spanish-style chorizo into thin disks. Cook over medium-low heat in a medium skillet, tossing frequently, until the chorizo has rendered its fat and is crisp, about 5 minutes.

Transfer the chorizo to a plate with a slotted spatula, reserving the rendered fat separately.

Follow the recipe for the Signature Roasted Pumpkin Seeds, replacing the oil with rendered chorizo fat and adding a half teaspoon of smoked Spanish paprika.

When seeds have cooled, toss them with the crisp chorizo and some chopped fresh parsley.

# Soy Glazed Roasted Pumpkin Seeds

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns
- soy sauce
- 1 tsp honey
- cayenne pepper

## Instructions

Whisk together a tablespoon of soy sauce with a teaspoon of honey and a pinch of cayenne pepper.

Roast your seeds according to our Signature Roasted Pumpkin Seeds recipe.

Immediately toss the seeds with the soy and honey mixture, return to the oven, and let roast for another 5 minutes. When cool, break seeds apart and serve.

# Zesty Orange Ginger Roasted Pumpkin Seeds

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns
- 2 tsp ginger, grated
- 1 tbsp orange zest

## Instructions

Combine 2 teaspoons of grated ginger, 2 teaspoons of grated orange zest, and 2 tablespoons of olive oil.

Roast your seeds according to the Signature Roasted Pumpkin Seeds recipe, replacing the regular oil with the ginger-orange oil.

When seeds are cool, toss with a few tablespoons of minced fresh chives.

# Garlic Parm Roasted Pumpkin Seeds

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns
- 2 tbsp grass-fed butter
- 2 cloves garlic, minced
- parmesan cheese, grated

## Instructions

Combine 2 tablespoons of butter and 2 minced garlic cloves with a pinch of red pepper flakes in a small sauté pan and cook over medium-low heat just until the butter foams and the garlic is fragrant. Set aside.

Roast your seeds according to our Signature Roasted Pumpkin Seeds recipe, removing them from oven half way through roasting.

Toss with the garlic oil and continue roasting. When cool, toss with a few tablespoons of finely grated parmesan and chopped parsley or basil.

# Sage Roasted Pumpkin Seeds with Brown Butter

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns
- 3 tbsp grass-fed butter
- 1 tbsp lemon juice
- 2 tbsp sage leaves, chopped

## Instructions

Heat 3 tablespoons of butter in a small skillet, stirring until golden brown and nutty. Immediately add 2 tablespoons of chopped sage leaves and 1 tablespoon of lemon juice. Remove from heat.

Roast your seeds according to the Signature Roasted Pumpkin Seeds recipe, using the browned butter sauce in place of the oil.

Toss with additional fresh sage as soon as they come out of the oven.

# Honey Mustard Pumpkin Seeds with Thyme

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 3 tbsp olive oil
- sea salt and
- ground black peppercorns
- 1 tsp honey
- 1 tbsp dijon mustard
- 1 tsp thyme

## Instructions

Combine 1 teaspoon honey with 1 tablespoon dijon mustard, 1 teaspoon fresh thyme leaves, and 1 tablespoon olive oil.

Roast your seeds according to our Signature Roasted Pumpkin Seeds recipe.

Toss with honey-mustard mixture and return to oven for five minutes.



# Roasted Anchovy Pumpkin Seeds

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 3 tbsp olive oil
- sea salt and
- ground black peppercorns
- 1 tbsp grass-fed butter
- 2-6 anchovy filets, minced

## Instructions

Heat 1 tablespoon of butter and 1 tablespoon of extra-virgin olive oil in a skillet over medium until melted. Add 2 to 6 minced anchovy filets and 1 clove of minced garlic.

Mash the anchovies, cooking until fragrant – around 30 seconds.

Roast your seeds according to our Signature Roasted Pumpkin Seeds recipe. Toss with with the anchovy, season to taste with salt and pepper.

Top with a few tablespoons of fresh parsley leaves.



# Curry Roasted Pumpkin Seeds with Mint

Makes 2 cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds
- 2 tbsp olive oil
- sea salt and
- ground black peppercorns
- curry powder to taste
- 1/4 cup fresh mint
- 2 tsp lime juice

## Instructions

Roast your seeds according to our Basic Roasted Pumpkin Seeds recipe, tossing with 2 teaspoons of curry powder before roasting.

When cool, toss with 1/4 cup chopped fresh mint and 2 teaspoons fresh-squeezed lime juice.

# Cayenne Parmesan Roasted Pumpkin Seeds

Makes 2 Cups | Per 1/4 cup: Net Carbs 5.5



## Ingredients

- 2 cups pumpkin seeds, raw
- 1 tbsp egg whites
- 1/8 tsp sea salt
- 1/4 tsp cayenne pepper
- 1/4 tsp garlic powder
- 1/4 cup Parmesan cheese, finely grated

## Instructions

Preheat oven to 350°F.

Beat the egg white with a whisk until soft and foamy.

Add the rest of the ingredients and toss well.

Spread out on a parchment lined baking tray, in an even layer.

Bake for 13-15 minutes until the pumpkin seeds pop.

Let cool completely and store in a covered container.

# Pumpkin Spice Seed Bars

Makes 12 Bars | Per Bar: Net Carbs 3.5



## Ingredients

- 3/4 cup pumpkin puree
- 1/2 cups chopped nuts (I used walnuts)
- 1/3 cup shredded, unsweetened coconut
- 1/3 cup almond flour
- 1/4 cups sunflower seeds
- 1/4 cup oats
- 1/4 cup pumpkin seeds
- 1/4 cup granulated erythritol
- 2 tbsp flax seeds
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/2 tsp ground ginger
- 1/2 tsp xanthan gum
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 15 drops liquid stevia
- 1 large egg, lightly beaten

## **Instructions**

Preheat oven to 400F and line an 8×8 inch pan with foil. Butter or grease the foil.

In a large bowl, combine all ingredient and stir together until well incorporated.

Spread in prepared pan. Line top with plastic wrap or parchment paper and press firmly and evenly into pan with the bottom of a glass or flat-bottomed measuring cup. Peel away plastic or parchment.

Bake 20 minutes, until center is firm and edges are golden brown. Let cool in pan and then cut into 12 bars.

# Pumpkin Seed Cream Sauce

Serves 6 | Per serving: Cals 270, Net Carbs 5



## Ingredients

- 1 cup pumpkin seeds
- 1/4 cup chopped onion
- 1 slice white bread, torn into small pieces
- 1 clove crushed garlic
- 2 tablespoons vegetable oil
- 2 canned green chile peppers, chopped
- 1 (14.5 ounce) can chicken broth
- 1/2 cup heavy whipping cream
- sea salt to taste

## Instructions

Cook pumpkin seeds, onion, bread, and garlic in oil, stirring frequently, until bread is golden brown.

Stir in chilies. Place mixture in a food processor bowl fitted with steel blade; process until smooth.

Place puree in a small saucepan. Stir in broth, whipping cream, and salt. Heat through over low heat. Serve over low carb veggies, chicken, seafood or beef.

# Pumpkin Seed Raspberry Low Carb Muffins

Makes 12 muffins | Per muffin: Cals 145, Net Carbs 3.8



## Ingredients

- 15 ounces pumpkin puree
- 1/2 cup roasted pumpkins seeds, finely chopped
- 1 tsp baking powder
- 2/3 cup coconut flour
- 1/2 cup grass-fed butter
- 1/4 cup almond butter
- 2 eggs
- 1/2 cup Baking Splenda
- 1 can water chestnuts
- 1/2 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 cup fresh raspberries

## **Instructions**

In a food processor or blender, blend the butter, almond butter and granulated sugar substitute until smooth and creamy. Add the water chestnuts and puree until smooth.

Blend in the cinnamon, nutmeg, eggs, vanilla and pumpkin puree until fully combined.

Finally, add the baking powder and coconut flour and blend until smooth. The batter will be thick.

Divide between 12 muffin cups. Top with fresh raspberries and bake at 350 degrees for 50 minutes.

Turn off the oven and leave the muffins inside for another 10 minutes. Remove and cool before serving.



# Lemon Trout with Sage Pumpkin Seed Crust

Serves 2 | Per serving: Cals 310, Net Carbs 2



## Ingredients

- 1/4 cup roasted pumpkin seeds
- 2, 5-ounce trout filets
- 3 tbsp olive oil
- 1 garlic clove
- 1/4 tsp sea salt
- 1/4 tsp ground black peppercorns
- 2 tbsp sage leaves, chopped
- 2 tsp lemon zest
- lemon wedges

## Instructions

Preheat oven to 425° and line a rimmed baking pan with parchment paper; set aside. Heat 2 tbsp. oil in a large frying pan over medium heat. Add garlic clove and cook until lightly browned, about 2 minutes; remove garlic and reserve.

Put sage, reserved garlic clove, and lemon zest in food processor and pulse until well chopped. Add the pumpkin seeds and salt to taste and pulse until coarsely chopped.

Cut fish down the center to create 4 fillets. Rub each with scant 1 tsp. of remaining oil and season with salt and pepper. Place fillets on prepared baking pan and roast until fish starts to turn opaque, about 5 minutes.

Sprinkle pumpkin seed crumbs over fish. Roast until crumbs are browned and fish is cooked through, about 5 minutes more. Transfer to plates, serve with lemon wedges and green salad.



### **Have a Great Low Carb Idea?**

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