

## Popped Amaranth Crunch

1/2 cup Amaranth – divided in 3 equal portions  
1/2 cup Pumpkin seeds – raw hulled  
1 Tbsp. Cumin Seeds  
2 tsp. Oregano – dried  
1 tsp. Chili Powder  
1 tsp. Sea Salt



1. Toast amaranth in a heavy cast iron skillet, in batches of three - stir constantly, careful not to burn - let it get a couple of shades darker and allow for some of the amaranth to have popped (once popped amaranth looks like white beads).



2. Add in the pumpkin seeds and cumin seeds and continue stirring for another few minutes.



3. Remove from heat and continue stirring until the amaranth stops popping.



4. Place in a small bowl and stir in oregano, chili power and sea salt.



5. Cool and place in air tight jar up to 1 month.

