chopped container of olive oil

Spread the mixture in a rimmed baking tray. Sprinkle with the chopped garlic. Pop in the oven and leave to cool.

Preheat the oven to 200°C/180°C Fan/Gas Mark 6.

50g butter

Seed: Seeds

1/2 tbsp garlic powder

2 tbsp chopped coriander

70g pumpkin seeds

2 tbsp mixed seeds

1 tsp nutritional yeast

1 tsp ground cinnamon

2 tbsp olive oil

Peel and cut the pumpkin

Peel and cut the onion

Peel and cut the garlic

Grind the pumpkin seeds, nutritional yeast and garlic in a food processor. Add the spices and garlic powder. Mix well.

Grease the baking tray with butter.

Spread the spice mix over the pumpkin in the tray.

Bake for 20 minutes, stirring once during the cooking. Remove from the oven.

Gently mix together the seeds, garlic and olive oil in a medium bowl. Mix well.

Serve warm or at room temperature.

Note: You can store the seeds in an airtight container for up to 1 week in the fridge.