



Citrus Pepita Crunch

Prep Time: 5 minutes
Bake Time: 0 minutes
Yield: Enough for 60 bites

INGREDIENTS

¾ cup toasted pepitas (pumpkin seeds)

Zest of 1 lime

½ tsp smoked paprika

Pinch of black pepper

DIRECTIONS

1. Combine all ingredients and mix thoroughly.

Why This Works

- Pepitas provide magnesium, fiber, and heart-healthy fats.
- Adds crunch and visual contrast without added sodium.
- Smoked paprika reinforces savory flavor without salt.

Alternative Topping Options (Choose One)

- Micro-greens or Arugula Chiffonade – adds freshness and color
- Pomegranate Arils – adds antioxidants and a pop of acidity
- Everything-Style Seed Blend (Salt-Free) – sesame, flax, and poppy seeds



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Recipe adapted from:
Chef Floyd