



Chili-Lime Sunflower Seeds

A zesty, smoky snack straight from the cottage kitchen

♦ **INGREDIENTS** ♦

- ♦ 2 cups raw sunflower seeds
- ♦ 3 cups water
- ♦ 2 tbsp kosher salt
- ♦ 1 tbsp fresh lime juice
- ♦ 1 tsp lime zest
- ♦ 1 tsp chili powder
- ♦ ½ tsp paprika
- ♦ ¼ tsp cayenne (optional)
- ♦ 1 tbsp oil (optional)

♦ **INSTRUCTIONS** ♦

- 1 **Brine:** Bring water & salt to a simmer until dissolved. Add seeds and soak **8-12 hours**.
- 2 **Season:** Drain seeds. Toss with lime juice, zest, chili powder, paprika, cayenne, and oil.
- 3 **Roast:** Spread on parchment-lined pan. Roast at **350°F** for 18-22 min, stirring halfway through.

Cool: Let cool completely before eating. Store in an airtight jar for up to **1 week**.

Makes ~2 cups • Prep: 10 min • Soak: 8-12 hrs • Roast: