

Herbal Gomasio



Ingredients:

1.5 cups sesame seeds

½ cup dulse flakes

¼ cup dried nettle leaf

1/8th cup dried rosemary

1 tbsp himalayan pink sea salt OR any other unrefined sea salt

Toast the sesame seeds lightly until fragrant and just turning golden. Grind the Nettles, Dulse, and Rosemary in a mortar and pestle so they are coarsely ground, or you could give them a very quick zoom in a coffee grinder, spice grinder, or vitamix. Combine with the salt and sesame seeds and enjoy! Best stored in the fridge. Will keep at least a few months. Some other nutritious seeds to consider adding include Nettle Seed, Hemp Seed, Evening Primrose Seed, and Yellow Dock Seed. Mineral rich additions include dried Plantain Lf, Lambs Quarters, and Dandelion Lf. You can also experiment with spices like garlic powder, chilies, cumin, coriander, turmeric and so on! Sprinkle on just about everything- eggs, veggies, salads, grains! Or use as a supplement- take 2 teaspoons/day.