Seed Blend (as of 2024-01-12)

- 6 Tbsp sunflower seeds (1/4 cup + 2 Tbsp)
- 8 tsp salted pepitas (2 Tbsp + 2 tsp)
- 2 Tbsp pomegranate seeds (anardana)
- 4 tsp black sesame seeds
- 4 tsp white sesame seeds
- 4 tsp chia seeds
- 4 tsp *Nigella sativa* (black cumin) seeds
- 4 tsp poppy seeds
- 4 tsp nutritional yeast flakes.
- 2 tsp crushed red pepper
- 2 tsp dried marjoram
- 1 sheet nori chopped fine in grinder
- 2 large or 4 small dried chipotles ground in grinder
- 1 tsp Maldon salt
- 1 tsp MSG

I use sprouted sunflower seeds. I grind the nori and chipotles together (i.e., at the same time) in my Cuisinart Spice & Nut Grinder.