

Pumpkin Seed Butter Munch

INGREDIENTS

- 3 Tbsp of ON Pumpkin Seed Butter**
- 1 tsp of raw honey** (optional)
- 2 Lundberg Thin Stackers-Brown Rice or Red Rice & Quinoa**
- 2 tsp of ON Cold Milled Flax Seeds** (more or less)

DIRECTIONS

Place two Brown Rice or Red Rice & Quinoa Lundberg Thin Stackers on a dish. Spread a very thin layer of raw honey - ½ tsp on each cracker. Wild local or Manuka honey are good varieties.

Spread the ON Pumpkin Seed Butter evenly on each Stacker

Sprinkle 1 tsp of ON Cold Milled Flax Seeds on top of the Pumpkin Seed Butter

ON = Omega Nutrition

Serve with fresh or frozen berries for your blood type

Serves 1

Use **organic** ingredients

Suitable for blood types O & A

For blood types B & AB use Almond, Macadamia, or Walnut Butter instead of Pumpkin Seed Butter.

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At this time of the year, in North America, pumpkins are in the spotlight. Whereas in countries like Australia and New Zealand, they are a very common delight all year, in pumpkin soup or a roasted dinner.

Pumpkin seeds, also known as **pepitas**, are a highly nutritious part of the pumpkin. For a quick and easy healthy breakfast, this (Pumpkin Seed Butter Munch) is the perfect recipe.

Omega Nutrition Pumpkin Butter is versatile, delicious and a good alternative to peanut butter.

It offers those who are allergic to nuts a chance to enjoy that nutty taste without the side effects. It has no added sugars or any kind of fillers like hydrogenated oils, starch, additives, stabilizers, or artificial preservatives. It is made using only organic pumpkin seeds, pumpkin oil, and sea salt!

Native to the Americas, **pumpkin seeds**, have excellent anti-inflammatory, anti-microbial, anti-fungal, and anti-viral properties, which strengthen immunity and promote prostate, ovarian, and breast health. The pumpkin seed endosperm is a rich source of manganese, phosphorus, copper, magnesium, zinc, protein (including tryptophan), iron, and fiber. It also provides a wide variety of the different forms of vitamin E and other diverse antioxidants, such as phenolics, along with phytonutrients like lignans.

This unique diverse mixture of nutrients and antioxidants inhibits the pro-oxidant enzyme lipoxygenase (LOX), which in turn decreases oxidative stress in diabetes, heart disease, cancer, and arthritis. It also promotes RNA and DNA synthesis, proper bone and tooth formation, and healthy heart, kidney, and bowel function.

Pumpkin seeds are also a source of phytosterols, which may support bladder and prostate health. Phytosterols are plant sterols, structurally similar to cholesterol, that act in the intestine to lower cholesterol absorption.

Pumpkin seeds were treasured among Native American tribes for their dietary and

medicinal properties and were especially important during pregnancy. Pumpkin seeds became a standard part of cuisine in E. Europe and the Mediterranean. They were also incorporated into culinary and medical traditions in India and other parts of Asia.

Today, China is the largest producer of pumpkin seeds. India, Russia, the Ukraine, Mexico, and the USA are also major producers.

AVOID musty, yellow, or brown seeds, which are rancid. Roasting the seeds more than 20 minutes damages their fats. Fresh, raw green seeds are best, and they must be stored in light-protected container in the fridge.

Flax seeds, also known as linseeds, comes from the flowering plant (*Linum usitatissimum*-“meaning the most useful”) in the family of Linaceae. It is cultivated in regions of the world with temperate climates, as a food and fiber crop. It has been grown since the beginning of civilization and it is one of the world’s oldest crops. Textiles made from flax are known as linen. Its oil, known as linseed or flax seed oil, has been highly valued for centuries for its health protective properties. Of its two types — brown and gold — brown are more beneficial in omega 3 EFAs.



Flax seeds, which are loaded with nutrients such as protein, B vitamins, minerals, fiber, are an especially rich source of alpha-linolenic acid (ALA) or better known as omega 3 essential fatty acid (EFA), lignans, and fiber. Studies have shown that ALA in flax seeds prevented cholesterol build up in the blood vessels of the heart, reduced inflammation in the arteries, reduced tumor growth, and lowered the risk of heart attack and stroke. A recent review of observational data concluded that ALA had heart health benefits comparable to EPA and DHA, to of the more well known omega 3 EFAs.

The lignans in flax seeds are plant compounds that have antioxidant and estrogen properties, which help lower risk of cancer and improve health. Flax seeds contain 800 times more lignans than other plant foods, which help to lower the risk of breast, prostate, colon, skin, and other types of cancers. Other plant compounds are: p-Coumaric Acid (a polyphenol), Ferulic Acid (antioxidant), cyanogenic glycosides (substance that can impair thyroid function in some people), Lignans (antioxidant, phytoestrogen similar to the hormone estrogen).

One tablespoon of whole flax seeds contain 3 grams of fiber, both soluble (20-40% and insoluble (60-80%). When fermented by the bacteria in the bowels, it bulks up and allows more water to bind to the stools, which improves bowel movements.

Flax seed consumption also improve digestion and lowers/balances cholesterol levels by binding to bile salts, which are pulled from the blood and transported to the liver for excretion.

According to a Canadian study (consuming 30 g daily for six months), flax seeds can lower blood pressure. This, in turn, can lower the risk of dying from stroke by 10% and from heart disease by 7%.

Along with having anti fungal properties, flax seeds are rich in the amino acids arginine, aspartic acid, and glutamic acid, which help improve immune function, lower cholesterol, and prevent tumors.

Flax seeds are also beneficial in helping to lower blood sugar and prevent type 2 diabetes due to its insoluble fiber.

This fiber also slows digestion, which staves off hunger pangs by triggering a host of hormones that control appetite and provide a feeling of fullness.

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