

Healthy Roasted Thyme Sunflower Seeds

Hands-on 5 minutes Overall 25 minutes

Nutritional values (per serving, 1/4 cup/ 28 g/ 1 oz): Total carbs: 7 g, Fiber: 3 g,

Net carbs: 4 g, Protein: 7.3 g, Fat: 19.9 g, Calories: 222 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 cups)

- 4 cups [sunflower seeds](#) (560 g/ 1.2 lb)
- 2 tbsp [ghee](#), butter or [extra virgin olive oil](#) (30 ml)
- 1 tbsp fresh thyme, finely chopped
- 1 tsp sea salt or [pink Himalayan salt](#)

Instructions

1. Preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional).
2. Melt the ghee in the microwave, carefully. Place the sunflower seeds, thyme and salt into a bowl. Pour over melted ghee and mix thoroughly until well coated.
3. Spread out onto a lined baking tray. Bake for 15 - 20 minutes, stirring regularly to prevent burning. You want to take the seeds just a touch past your usual point, until they're well browned, it really enhances the end result.
4. Store in a covered jar, covered, for up to 1 month.

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