

# Sweet and Savory Roasted Pepitas

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving, 1/4 cup):** Total carbs: 4.3 g, Fiber: 2.2 g, **Net carbs: 2.1 g,**

Protein: 9.8 g, Fat: 18.2 g, Calories: 207 kcal,

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



## Ingredients (makes 4 servings each)

### Sweet:

- 1 cup pepitas (130 g/ 4.6 oz)
- 2 tsp virgin coconut oil, melted (10 ml)
- 1 tsp sugar-free maple flavored syrup or Yacon Syrup or 1 tbsp Swerve or Erythritol
- 1 tsp vanilla powder or sugar-free vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp powdered ginger

### Savoury:

- 1 cup pepitas (130 g/ 4.6 oz)
- 1 tbsp extra virgin olive oil (15 ml)
- 1 tsp garlic powder
- 2 tsp freshly chopped rosemary
- 1 tsp coconut aminos
- 1 tsp sea salt

*Note: Nutrition facts for savoury pepitas are very similar to sweet pepitas. You can [make your own sugar-free maple syrup](#).*

## Instructions

1. Preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional).
2. Place all ingredients into a bowl and combine thoroughly. (Note: Leave out the salt in the savoury recipe.) Spread out onto a lined baking tray and bake for 10-15 minutes. Stir regularly to crisp all sides.
3. Once out of the oven, taste the savoury pepitas, as the coconut aminos can be salty enough. Add salt as needed and stir through.
4. Serve the sweet pepitas scattered over Greek yoghurt or a smoothie bowl and scatter the savoury ones over salads or roasted

vegetables.

5. Store in a sealed jar, for up to two months.

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