

# Teri's Gomasio

Gomasio was a staple in our German home and somehow it lost its special place on the table when we moved to America. I was just delighted to place a jar back on my counter after receiving this recipe as well as a sample from my dear herbalist friend Teri.

## Ingredients

- 1 c. lightly toasted sesame seeds ( black, white or combination)
- $\frac{1}{3}$  c. each of pumpkin seeds, poppy seeds, hemp seeds, plantain seeds, and nigella sativa seeds.
- 1 c. dried crumbled nettles
- $\frac{1}{2}$  c. dried dandelion leaves
- 2 T. dried wakame and dulse flakes
- 1  $\frac{1}{2}$  t of salt

Grind all ingredients to desired texture and store the mixture in an airtight container.

Sprinkle on salads, roasted vegetables, or soups.

Enjoy!