

## **Toppings**

Toppings for salads range from the more traditional hardboiled eggs, bacon, and croutons to the increasingly popular dried fruits (apricots, cranberries, cherries, mango, blueberries), seeds (pepitas, sunflower, sesame, hemp, flax,), nuts (pine, walnuts, pecans, almonds (toasted), and candied walnuts, spiced pecans, smoked almonds, wasabi almonds, caraway seeds). In addition there are cheeses (smoked Gouda, sharp cheddar, bleu cheese, goat cheese, feta, parmesan ) and even kale flakes.

### **Gwen Barclay's Seed Topping for Salad**

Equal parts (by weight) pumpkin seeds, sunflower kernels, pine nuts, cashews (pieces) and almond slivers.

Buy raw. Bake 225 degree F. oven. No salt/oil. Scoop in hand too hot to hold it, then it is done. Remove from oven and take off immediately from the pan.

Store in refrigerator or freezer.