

# Baked Broccoli with Pepitas

## INGREDIENTS:

- 2 heads of broccoli, cut into florets
- 3 tbsp melted coconut oil or olive oil
- 5 fresh cloves of garlic, minced
- 1 tsp sea salt
- 1/2 tsp pepper
- 1 tsp lemon juice (about ½ lemon)
- Pinch of red pepper flakes (optional)
- ½ cup pumpkin seeds toasted (pepitas)



## DIRECTIONS:

1. Preheat the oven to 400 degrees F.
2. In a large bowl, toss the broccoli with melted coconut oil, salt, black pepper and garlic. Spread the broccoli in a single layer on a rimmed baking sheet. Use parchment paper if you don't want to deal with cleanup.
3. Bake until florets are tender enough to pierce with a fork and the edges are browning, about 15 minutes. Turn once halfway through the baking process and add red pepper flakes, if using. After baking, squeeze lemon juice liberally over the broccoli and sprinkle the toasted pumpkin seeds on top before serving.