

# SEED SPRINKLE SNACK

## INGREDIENTS

½ cup Pumpkin seeds  
½ cup Sunflower seeds  
¼ cup Sesame seeds  
1 tablespoon Shredded coconut  
1 teaspoon Rice bran oil  
1 teaspoon pure maple syrup  
Several drops of vanilla extract

You can vary the quantities to taste but I usually start with ½ cup of each cereal.

## METHOD

Heat oven to 180c (slow oven)  
Line a large baking tray with baking parchment  
Mix the dry ingredients thoroughly in a large bowl.  
In a small microwave safe bowl, mix oil and maple syrup.  
Heat oil and syrup mixture for 10 seconds.  
Remove from microwave, add vanilla extract, and stir to mix thoroughly.  
Add to dry ingredients, stirring to ensure everything is coated with the mixture.  
Spread evenly on baking tray and bake for 10 minutes.  
Be careful not to let it burn, otherwise it will spoil the flavour.  
Remove from oven and allow to cool on the tray.  
When completely cool, store in an airtight container for up to a fortnight

## SERVING SUGGESTION

I enjoy a mid-morning snack of a dessertspoon of sprinkles with Goji berries, some organic dried fruit\* and a Medjool date. You'll be surprised to find how sustaining it is.

\* Most dried fruit contains sulphites. If, like me, you have a chemical sensitivity, buy organic. The apricots will be dark, but their flavour is wonderful.