



November 16- Seedy Crunch Bites

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1663149>

Recipe

Ingredients:

- 1 cup shelled pumpkin seeds
- 1 cup shelled sunflower seeds
- ¼ cup whole flaxseed
- ¼ cup sesame seeds
- 2 Tablespoon brown sugar
- 3 Tablespoon honey
- 1 teaspoon sesame oil
- ½ teaspoon sea salt

Directions:

1. Preheat oven to 300°F. Line an 8" x 8" square pan with parchment paper.
2. Combine seeds in a medium bowl; set aside.
3. In small bowl mix together brown sugar, honey, sesame oil and salt. Microwave for 30 seconds.
4. Pour liquid mixture over seeds and stir to coat. Pour mixture into lined pan and press down firmly to compact.
5. Cover with foil and bake 35 minutes. Uncover and bake a further 10 minutes.

Yields 24 servings

Nutrition Facts

Serving Size 1 bite (18.71g)
Servings Per Container 24

Amount Per Serving

Calories 110 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 6%

Sugars 3g

Protein 4g 7%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.