

SPICED SEEDS



This week's recipe of the week has been shared by Jess Wicks from the **Happy Herbivore**, Tasty Spiced Seeds. Packed full of nutrients, they make a healthy, flavorful and affordable snack.

SERVINGS

4 people

PREP TIME

5 mins

COOK TIME

15 mins

TOTAL TIME

30 mins

Ingredients

2 cups seeds of your preference (we used a mix of *pepitas* and *sunflower seeds*)

2 Tbsp *onion powder*

1 Tbsp *coriander seeds* ground

1/2 Tbsp *cumin seeds* ground

1/4 tsp *cayenne pepper powder* or *chilli powder*

1/2 tsp *salt*

1 Tbsp *maple syrup*

1 Tbsp *tamari*

1 Tbsp *apple cider vinegar*

Instructions

Preheat the oven to 160 degrees celsius.

Mix all of the ingredients in a bowl and then spread onto a lined baking tray.

Bake for 15 minutes, (stirring multiple times throughout so that they cook evenly and don't burn).

Leave on the bench to cool before storing in an airtight jar or container.

Vegan | Dairy-free | Gluten-free