



MARK & STEVE'S SEEDY BAR

This week's recipe of the week has been shared by local customers Mark & Steve. A delicious and nutritious seedy snack that the Affordable Wholefoods staff couldn't get enough of. Enjoy!

Ingredients:

- ½ cup pumpkin seeds*
- ½ cup sunflower seeds*
- ¾ cup flaked coconut*
- ¼ cup sesame seeds*
- ½ cup macadamia nuts (halved)*
- ½ cup almonds (halved, lengthways)*
- ¼ cup chia seeds*
- ¼ cup hemp seeds*
- ¼ cup linseed (flax seeds)*
- ½ cup dried cranberries (or dates, halved)*
- ½ cup organic Turkish dried apricots (cut into thirds)*
- 2 teaspoons ground cinnamon*
- ½ teaspoon Australian sea salt flakes (lightly crushed)*
- ½ cup raw honey*
- 1 teaspoon vanilla extract*

Method:

Toast the coconut in a pan until golden brown. Do the same with the sesame seeds, halved almonds and halved macadamia nuts. (This step is optional, but we found it results in a much tastier end flavour.)

Mix all dry ingredients well, except the salt

Add vanilla to the honey & warm gently to make it less viscous. (About 25 seconds in the microwave or on the stovetop at a low heat)

Add honey & vanilla mixture to dry ingredients and mix well until combined.

Sprinkle crushed salt flakes over the mixture and gently fold through the mixture.

Spoon mixture into a 20cm x 20cm tin which has been lined with baking paper.

Level the mix & using a spatula, press the mix as firmly as possible. You may need to dip the spatula into hot water occasionally to stop it sticking.

Bake for 1 hour at 160 degrees Celsius.

After about 45 minutes take it out of the oven and give it another good 'pressing' with the spatula, dipping in hot water if necessary, to stop it sticking.

Return to the oven for the remainder of the cooking time.

When cooked, give it another 'pressing' with the spatula and allow to cool fully in the tin. Once cool, remove from tin & slice into 16 pieces.

If you like it extra crunchy, preheat the oven again to 160c. Place the slices upside-down on a tray lined with baking paper and cook for another 15-20 minutes.
Enjoy after it is completely cooled.

Vegetarian | Gluten-Free | Refined Sugar-Free