



PECAN SEED MIX

We've been sharing a few paleo recipes with our readers of late (inspired by seeing **Pete Evans** and the crew on MKR - guilty). So when we saw this recipe from budding young food entrepreneur Sarah Follent (**Baked Livingness**), we were straight onto asking her permission to share. Sarah runs cooking workshops out of Brisbane for both adults and children as well as having a baking service for goodies to be brought to you.

The recipe is the perfect topper for any meal, a gorgeous blend of nuts and seeds combined with the fresh flavours of lemon zest, thyme and beetroot making up the ultimate healthy seed sprinkle. Enjoy.

Ingredients:

1 cup *pecan nuts*

1 cup *pistachios*

1 cup *pepitas*

1 cup *sunflower seeds*

1/4 cup *linseeds*

1/4 cup *cranberries*

1/8 *coconut oil*

2 teaspoons *lemon zest*

2 teaspoons *thyme*

1 teaspoon *beetroot powder* (optional)

Method:

In a mixing bowl add all seed mix ingredients and stir gently until well combined.
Place the seed mix onto a lined baking tray and into the oven on low heat (100°C) for 45 minutes.
Check regularly to ensure the mixture doesn't start to burn.
Allow to cool then stir in cranberries.
Blend 1/3 of a cup to roll your bliss balls in or use as a topping on your favourite salad, curry or cake.

Inspiration:

Sprinkle on top of salads, roast vegetables, fish, tofu, lamb or chicken.

Gluten Free | Dairy Free | Paleo | Refined Sugar Free