



SEED AND NUT MIX

Ingredients

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- Hemp seeds
- Blanched almonds
- Crushed walnuts
- Pumpkin seeds
- Ground flax seeds
- Chia seeds

Preparation:

In a non-stick pan, combine the hemp seeds, almonds, walnuts and pumpkin seeds, and toast the mixture.

Add the flax seeds and then the chia seeds. Toast for 3 to 5 minutes.

Allow the mixture to cool and place in an airtight container.

Store in a dry, dark place.