

# Snacky Stuff

## Seeds, seeds, seeds



### Seedy bars

#### Ingredients:

- 2 cups sesame seeds
- 2 cups sunflower seeds
- 2 cups desiccated coconut
- 2 cups mixed nuts
- 1 cup dried cranberries
- 1 cup raisins
- ½ cup apple juice
- 1.5 cups honey

#### Equipment:

- Cups
- Mixing bowl
- Spoon
- Tray
- Cling film



#### Recipe:

- 1 Soak raisins in apple juice for 20 minutes, drain excess juice.
- 2 Roughly chop nuts.
- 3 Mix together all of the ingredients.
- 4 Pour into a tray lined with cling film.
- 5 Cover with cling film and chill for a few hours until set firm.
- 6 Cut into bars.

### Toasted seeds

#### Ingredients:

- 100g Sesames seeds
- 100g Sunflower seeds
- 100g Pumpkin seeds
- 100g Porridge oats
- 25g sugar
- 1 vanilla pod

#### Equipment:

- Oven and oven gloves
- Chopping board
- Knife
- Baking tray



#### Recipe:

- 1 Pre-heat the oven to 100°C.
- 2 Halve the vanilla pod and scrape the seeds out using the back of a knife.
- 3 Add vanilla pods to sugar and toss.
- 4 Add seeds and vanilla sugar to a large baking tin and toss.
- 5 Place in the oven and roast for 3 - 5 minutes until crisp, toss occasionally if necessary.
- 6 Toasted seeds re a great snack or perfect sprinkled over fruit and natural yoghurt.

... Alternatively you can make savory seeds using paprika and a pinch of salt.