



Recipes

Savory Snacks

Manna Bread Snack

Prep Time: 5 minutes

Cook Time: none

Yield: 2 servings

Ingredients:

- 2 thin slices of sun seed Manna Bread
- 1 tablespoon raw almond butter or tahini
- Sprinkle of goji berries or raisins
- 1 tablespoon coconut flakes

Directions:

1. Lay the manna bread slices on a plate.
2. Spread a thin layer of almond butter or tahini on each slice.
3. Decorate each slice with berries, raisins and coconut flakes and enjoy.