



# Recipes

## Savory Snacks

### **Wheat Free Sunflower Crunches**

*Prep Time: 10 minutes*

*Cook Time: 15-20 minutes*

*Yield: 10-15 servings*

#### **Ingredients:**

- 1 cup sunflower seeds
- ½ cup sesame seeds
- 1 tablespoon poppy seeds (optional)
- 1 ½ tablespoons olive oil
- 1 tablespoon maple syrup

#### **Directions:**

1. Preheat oven to 375 degrees.
2. Combine sunflower, sesame and poppy seeds in a blender. Blend until combined.
3. Add oil and maple syrup, blend again until mixture resembles dough.
4. Roll dough into several long pieces and place them on a lightly oiled baking sheet.
5. Bake for 15-20 minutes.