

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:

1. In a mixing bowl add all seed mix ingredients and stir gently until well combined.
2. 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.

3. Allow to cool then stir in cranberries.
4. 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