



Lakeland Natural Health

Nut Crunch “Cereal”

*Use Organic Ingredients when possible

Ingredients:

½	Cup	Sunflower Seeds
¼	Cup	Pumpkin Seeds
1&1/3	Cup	Unsweetened Coconut
1	Cup	Almonds (Raw/Chopped)
1&1/2	Tsp	Cinnamon
3	Tbsp	Coconut Oil
1	Tsp	Vanilla (Extract)
1	Cup	Raisins (Added after “cereal” is baked)

Instructions:

1. Preheat oven to 325 F
2. Combine all DRY ingredients (except raisins)
3. Warm coconut oil so that it is easily incorporated. Pour oil and vanilla over dry ingredients and mix well
4. Spread “cereal” mixture over large baking pan (15X10 or bigger) and bake at 325 degrees for 20 minutes. Take out of the oven , stir mixture and bake for another 5-7 minutes
5. Cool, add raisins
6. Store in an airtight container
7. Enjoy

Note:

- Feel free to use any raw nut, seed, try other spices (nutmeg, pumpkin spice, cayenne) and other extracts (like almond).