

# CHOCOLATE NUT & SEED CLUSTERS

TRY THESE EASY TO MAKE, FAMILY FRIENDLY, NUT & SEED CLUSTERS.

These clusters are a nice little sweet and salty after dinner mouthful and pairs well with your favorite hot drink.



## INGREDIENTS

- 1.5 cups large flake coconut
- 1/2 cup Pumpkin seeds
- 1/3 cup flaxseeds
- 3 Tbsp hemp hearts
- 2 Tbsp chia seeds
- 2 Tbsp maple syrup
- pinch of sea salt
- 1/3 cup chocolate chips

## DIRECTIONS

1. Preheat oven to 350 F and line a baking sheet with parchment paper.
2. Combine all ingredients except maple syrup in a large mixing bowl.
3. Drizzle maple syrup into the bowl and mix until evenly coated.
4. Using a large soup spoon, scoop out mixture and press together firmly, place on baking sheet and bake for 15mins.
5. Let cool and Enjoy!



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