

Super Seed Sprinkle

Servings: 8

Ingredients:

1/4 cup raw sunflower seeds
2 Tablespoons sesame seeds
1 Tablespoon fennel
1 Tablespoon pure maple syrup
1/4 cup hemp seeds
2 Tablespoons chia seeds
Kosher salt

Directions:

1. Toast pumpkin seeds in a dry medium skillet over medium-low heat, tossing often, until golden, about 2 minutes. Add sesame and fennel seeds; toast, tossing often, until golden brown, about 2 minutes longer.
2. Mix in syrup; cook, tossing often, until glossy clumps form, about 1 minute. Remove from heat; stir in hemp and chia seeds. Season with salt. Transfer to a parchment-lined baking sheet; let cool.