



Sunflower Oat Crunch

16 servings, ¼ cup each

- 1 cup rolled oats
- 1 cup rye flakes
- ½ cup raw sunflower seeds
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger powder
- Pinch sea salt
- ¼ cup sunflower seed butter
- 2 tablespoons pure maple syrup (grade B)
- 2 tablespoons unsweetened applesauce
- 1 tablespoon ground flaxseed
- ¼ cup chopped apricots, set aside to mix in after baking

Preheat oven to 350°. Line a large baking sheet with parchment paper. Mix all dry ingredients, except apricots and flaxseed. Whisk together wet ingredients with the ground flaxseeds. Pour wet ingredients over dry, thoroughly coating. Spread out in thin layer on the parchment paper. Bake 20 to 25 minutes until crisp and dry. Stir every 10 minutes. Stir in apricots. Cool completely before storing in an airtight container.

Per Serving:

- 94 Calories
- 4 gm Total Fat
- <0.5 Saturated Fat
- 36 mg Sodium
- 12 gm Carbohydrate
- 2 gm Fiber
- 3 gm Protein