

# **PALEO CRUNCH**

- 1/2 cup coconut oil\* (melted)
- 1/2 cup raw honey\*
- 2 tsp vanilla \*
- 2 tsp cinnamon
- 1/2 cup raw pumpkin seeds\*
- 1/2 cup raw sunflower seeds
- 1 cup organic almond flour\*
- 1 cup unsweetened organic coconut (shreds, flakes or chips)
- 2 cups raw almonds\* (crispy nuts)



Put all dry ingredients into a large bowl, add wet ingredients. Stir till combined. Spread on a baking sheet in thin layer. Bake 325 degrees for 10 min- stir- bake 10 more, till golden. Cool. Serve with raw milk/cream as a cereal or eat as granola.

**\*SOLD AT A HEALTHY HORIZON**