

Coconut Clusters

I had a similar snack at a Tai Chi workshop and loved them. They were a commercially produced product. When I looked for them, I was shocked at the price they wanted for a small bag. I then searched the internet and found this recipe on simpleandsavory.com. I have modified it ever so slightly.

Gluten free, dairy free, with no processed sugar.

Whenever I take these to a gathering I am asked for the recipe.

Makes approx. 24 clusters

1 1/2 cups	Coconut flakes, not shredded, unsweetened
3/4 cup	Raw pumpkin seeds
1/4 cup	Chia seeds
1/4- 1/2 tsp	Sea salt (I added)
1/4 cup + 2 Tbsp	<u>Real</u> maple syrup

Pre-heat oven to 350. Line a baking sheet with parchment paper.

Place all ingredients into a mixing bowl and combine well. Using two teaspoons drop by clusters onto a baking sheet and squeeze the ingredients together.

Bake for 12 to 15 minutes – until the coconut just begins to turn golden. Remove from oven – if syrup spreads out onto baking sheet gently push it back toward the cluster using a spatula – this is what holds the cluster together once cooled

Allow to cool for at least 40 minutes. Carefully remove them from the baking sheet and enjoy!

Note:

I have found that they are sometimes too gooey, especially the underside. I let them cool until they are firm enough to handle. Then, I flip them over on the baking sheet and cook them another 5-7 minutes.