

Wheat-Free Sunflower Crunches

Prep Time: 10 minutes

Yield: 10-15 servings

Ingredients:

1 cup sunflower seeds

1/2 cup sesame seeds

1 tablespoon poppy seeds (optional)

1 tablespoon maple syrup

1 1/2 tablespoons olive oil

Directions:

1. Preheat oven to 375 degrees
2. Combine sunflower, sesame, and poppy seeds, then blend in food processor.
3. Add oil and maple syrup, and blend again.
4. Roll dough into several long pieces and place them on a lightly oiled baking sheet.
5. Bake for 15-20 minutes.