

OMEGA 3 SPRINKLES

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

INGREDIENTS:

½ cup Golden Flax Seeds
½ cup Walnuts
¼ cup Chia Seeds
¼ cup Sesame Seeds, hulled
¼ cup Pumpkin Seeds
¼ cup Sunflower Seeds
¼ cup Almonds
¼ cup Date Sugar (for added flavor)

DIRECTIONS:

1. Process all the ingredients separately in a coffee grinder until the desired consistency. (I prefer a powdery grind on the flax, chia and sesame and a small chunky consistency on the rest.)
2. Mix the ingredients together in a glass jar and shake well to combine the flavors

STORAGE AND SERVING TIPS:

- Store your jar of Omega Sprinkles in the Refrigerator
- Omega Sprinkles will keep for 4-6 week when refrigerated in a sealed glass container
- It is recommended that you take 1-2 tablespoons daily for optimal Omega 3 fatty acids.
- You may also include 1-2 tablespoons in Green Smoothies to give more body and texture to a hearty drink.
- Mix Omega Sprinkles with a tablespoon of sweet Bee Pollen to get a real boost in the morning!