

Honey roasted seeds – pumpkin, sunflower and linseed

I've been really enjoying little packets of flavoured seeds as a snack recently. A friend at work turned me onto them and they've become a go-to snack, however, all those little packets add up in cost and wasteful packaging so we thought we'd have a go at our own. Turned out they were delicious and much cheaper so we thought we'd share our adventure with you.

Give it a try.

We used a mix of sunflower seeds, pumpkin seeds and linseed, about 260 grams in total of seeds. I mixed them in a bowl with a tablespoon of sugar and three tablespoons of honey. Gave it a really good mix to get them all evenly coated and then spread them out on a lightly greased baking sheet.

Popped them into the oven at 160C for 20 mins, the house smelled amazing while they were baking.

Once they were done, I let them cool and then just broke them up (as they go like brittle), and popped them into a jar to store (for as long as I don't eat them ha ha ha).

Tasty snack done!

