



*Vitality* Natural Health Centre

260 Wyse Road, Suite 200, Dartmouth, NS, B3A 1N3

T 902.446.4072 F 902.446.4073

[www.vitalitynaturalhealth.ca](http://www.vitalitynaturalhealth.ca)

## **Snickers Snackers**

### **Ingredients**

½ cup sunflower seeds

½ cup sesame seeds

½ cup honey (or less), or agavi nectar, molasses

½ cup nut or seed butter (almond works well)

½ cup carob or cocoa powder

¼ cup ground flax

¼ cup unsweetened coconut

Combine ingredients in bowl of food processor. Blend until smooth

Form into small balls (if mixture is too soft refrigerate for half an hour)

Option: roll each ball into carob or coconut

Keep refrigerated

If you are making these for small children grind the seeds first in a coffee grinder

If you have no food processor, melt honey and almond butter together and add other ingredients

From Sandy Pomeroy, Goodness Me Natural Food Market