

SEED AND NUT MIXTURE FOR SALADS, SOUPS AND YOGHURT



Ingredients

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Put the hemp seeds, almonds, walnuts and pumpkin seeds into a non-stick frying pan and toast them.

Add the linseeds and then the chia seeds. Keep on the heat for 3 to 5 minutes.

Let the mixture cool and put into a hermitically sealable jar. Store in a dry, dark place.

Preparation:

