

Ingredients

Yield 350g

Sunflower Seeds	150g
Linseeds	150g
Almonds	50g



Method

1. Add all ingredients to a food processor or high powered blender and blend at high speed until a fine meal consistency is achieved.

Nutrition, hints and tips

- ***This meal is high in protein, vitamin E, Calcium, Iron and Zinc.***

- ***Try serving mixed through porridge or through smoothies.***