

### **THREE SEED TRIANGLES (Cut into 5, use 1.5 as a snack)**

**772**

125g pumpkin seeds  
125g sunflower seeds  
250g stoned dates  
100g brown rice flour  
water 300ml  
1 organic free range egg

*Grind the seeds in a nut grinder and gently toast in a dry saucepan for 5 minutes, stirring all the time. Place the dates and 200ml of water in a small saucepan, bring to boil and simmer for 10 minutes until all the water has been absorbed. Mash the dates with a fork. Place all the ingredients in a food mixer, including the remaining 100ml of water and blend until everything is well combined. Alternatively, this can be done by hand. Spoon the mixture into two round sponge cake tins and smooth down. Place in a preheated oven and bake at 180 for 30 minutes.*

**TOTAL: 3598**