

Ashley's Meal Prep Monday!

Homemade Coconut Clusters

INGREDIENTS

2 cups unsweetened coconut chips

1/4 cup raw sunflower seeds

1/4 cup sprouted pumpkin seeds

1 1/2 TBSP chia seeds

1/2 TSP cinnamon

1/4 TSP salt

3 TBSP melted coconut oil

1 TBSP maple syrup

1/4 TSP vanilla

2 TSP monk fruit

Pre heat oven to 350 and prepare a 9x9 baking dish with parchment paper.

Add coconut, seeds, cinnamon and salt to medium bowl and stir to combine. Pour melted coconut oil over the dry ingredients and stir so that everything is coated well. Add in maple syrup and vanilla and stir again. Add the sweetener to the bowl and stir to make sure it's covering all sides of the coconut and seeds.

Pour mixture into the baking dish and press down slightly. Bake for 10 minutes, or until the coconut begins to brown. Remove from the oven and using a spatula, press down on the mixture. Let cool completely before breaking into pieces and enjoy!

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