

Raw Seed Mix

Swick

Makes 2 cups | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

Golden flax seeds thicken in contact with warm water and it thickens even more when the water cools down. Brown flax seeds doesn't thicken as much as golden flax seeds.

Raw seeds are fragile because of their high-fat content and they will go rancid if kept at room temperature. It's the same for nuts.

Ground seeds are easier to digest.

Although heat is applied when you add bake with them, they are indirectly exposed to the heat source itself.

As a general rule, avoid heat, light and air for raw seeds. Although toasted sesame seeds are fine once in awhile. =)

Step 1: Combine the seeds

- 1/4 cup raw white sesame seeds
- 1/4 cup raw sunflower seeds
- 1/4 cup raw pumpkin seeds
- 1 cup raw golden or brown flax seeds

Combine all the ingredients in an amber or dark colored jars. Keep in the fridge.

Ratio for the mixed seeds are 1 part each of sesame, sunflower and pumpkin seeds and 4 parts of flax seeds. You can also add 1 part hemp seeds.

Step 2: Grinding the seeds

Grind the seeds in a grinder a minute and grind only what you need.

Use the seeds in smoothies, sprinkle on yogurt, oatmeal, cereals, scrambled eggs or cooked vegetables. You can also add them to muffins, breads and any baked recipe.