

Five-Seed Crunchy Condiment

If you are looking for your daily dose of essential fatty acids, this is your condiment. Enjoy its nourishing crunch atop plain vegetables, salads or fish.

2 tbsp	chia seeds	30 mL
2 tbsp	flax seeds	30 mL
2 tbsp	hulled hemp seeds	30 mL
2 tbsp	sunflower seeds	30 mL
2 tbsp	sesame seeds	30 mL
1 tsp	coconut sugar	5 mL
1 tsp	salt	5 mL

Blender, or large mortar and pestle

MAKES
2/3 CUP (150 ML)

Tip

The seeds toast at slightly different rates. Remove them from the pan as soon as the mixture is fragrant so the smaller seeds don't get scorched

1. In a large skillet, combine chia, flax, hemp, sunflower and sesame seeds. Toast over medium heat, stirring or shaking pan often, for about 5 minutes or until fragrant. Transfer to a small bowl and let cool completely.
2. In blender, grind seed mixture until the texture of brown sugar.
3. Pour seed mixture into an airtight container. Stir in coconut sugar and salt. Seal tightly and store in a cool dry place for up to 2 weeks

Health Tip

In Chinese medicine, seeds are used to nourish the yin, jing and brain . This condiment is an excellent choice for seniors, and others who are yin deficient, such as women who are going through perimenopause and menopause . It is also good for women who are trying to boost their fertility . For everyone else, a sprinkle of this condiment will up your intake of essential fatty acids, which have antiinflammatory and lubricating effects in the body .