



Snicker Snackers are yummy instant treats. Because they are not baked, they contain plenty of enzymes and plant sterols and sterolins, which are great for the immune system. This recipe is a family favorite that is very quick to make, delicious, and nutritious. These are a great alternative to rum balls at Christmas time. You may have to pack extras in the lunch bags for friends at school. Adults love them too!

There are so many variations on this original recipe. When you are out of one of the ingredients, create your own special mixture. Substitute ground pumpkin seeds, almonds, cashews, finely chopped dried cranberries, dates, or raisins. A drop of vanilla or a pinch of cinnamon will give these treats a new twist. Choose seeds and nuts that are organic, raw, unsalted, and not roasted.

For people with nut allergies, or to make the recipe school safe, use seed butter in place of nut butter.

Ingredients

- ½ cup (125 mL) sunflower seeds*
- ½ cup (125 mL) sesame seeds*
- ⅓-½ cup (80-125 mL) honey
- ½ cup (125 mL) nut or seed butter (peanut, sunflower, cashew, pumpkin, hemp, or a mixture of several)
- ½ cup (125 mL) unsweetened carob or cocoa powder
- ¼ cup (60 mL) of one of or a mix the following, organic ground flaxseeds, hemp hearts, wheat germ, or oat bran
- ¼ cup (60 mL) unsweetened coconut

*If you are feeding these to toddlers and you are not using a food processor, grind the seeds first in your coffee grinder.

Instructions

1. Add the ingredients one at a time and blend in a food processor until the mixture forms a ball.
2. Pinch off small amounts and form into bite-size balls.
3. For a special effect, roll in extra sesame seeds or coconut and top with a chocolate chip.
4. Store in an air-tight container and refrigerate.

Makes 24 bite-size balls.