

Cranberry Almond Streusel



Nutrition in disguise

- Hemp hearts add texture and are a source of iron.
- Iron transports oxygen throughout the body to keep you energized.
- Hemp hearts can be found in bulk food stores or the supplement aisle.
- Store in the fridge to maintain freshness and nutrient quality.

Nutrition facts

Serving size: 30 g

Calories: 162 kcal

Protein: 4 g

Carbohydrates: 19 g

Iron: 1 mg

Ingredients

- 1 cup ground almonds
- ½ cup almond slivers
- 2 Tbsp hemp hearts
- 2 Tbsp chia seeds
- ½ cup all-purpose flour
- 1 cup brown sugar
- 1 tsp ground cinnamon
- ¼ tsp salt
- ½ cup dried cranberries
- ½ cup wheat germ
- ¼ cup unsalted butter, melted

Directions

1. Preheat oven to 350°F.
2. Mix all ingredients except butter.
3. Add melted butter to the dry ingredients, mixing until clumps appear.
4. Place parchment paper on two baking sheets.
5. Spread streusel over baking sheets.
6. Bake for 10 minutes, until slightly golden.
7. Let cool, then serve on yogurt, oatmeal, pudding, jello, or other desserts.
8. Keeps well in the refrigerator or in a sealed container.

