



Haystacks

Equipment list

Pot
Measuring cups and spoons
Wooden spoon
Large bowl
2 spoons
Baking Sheet
Parchment paper
Cooling rack

Ingredients

- 150 ml sugar (125 ml + 25 ml)
- 60 ml butter
- 1 ml salt
- 60 ml milk
- 35 ml cocoa

- 2 ml vanilla

- 60 ml hemp seeds
- 25 ml ground flax seed
- 375 ml rolled oats (250 + 125)
- 125 ml coconut

Method

1. Measure hemp seeds, flax seeds, rolled oats and coconut into a large mixing bowl, set aside.
2. In a pot combine sugar, butter, salt, milk and cocoa.
3. Stir constantly until a smooth mixture has formed and the mixture comes to a boil.
4. Remove the pot from the stovetop and place on a heat resistant surface.
5. Add the vanilla.
6. Add the dry ingredients and stir until well mixed.
7. Drop by spoonfuls onto a parchment lined baking sheet.
8. Put in fridge until set.