

Chocolate Spread

Adapted from JoyFoodly

Makes 2 cups

Ingredients:

- 1 cup seeds (pumpkin, sunflower)
- 1 cups semi sweet chocolate chips
- 1 teaspoon salt

Tools Needed

- 1 Large Sauté Pan
- Food Processor
- Measuring Cups

Preparation:

1. In a skillet, toast seeds until golden and fragrant.
2. Transfer warm seeds to a food processor. Pulse. Seeds will go from dry and grainy to creamy - it will take a few minutes.
3. Add chocolate chips to the food processor and pulse until combined into a creamy paste.
4. Add salt to taste and pulse to incorporate.