Candied Sunflower Seed Snack

Ingredients

2 cups raw shelled sunflower seeds
3 Tablespoons Savannah Bee Company Sunflower Honey
1 teaspoon Savannah Bee Company Honey Hot Sauce, optional
1 Tablespoon avocado or sunflower oil
1/2 teaspoon salt

Instructions

1. Preheat the oven to 350°F. Prepare a baking sheet lined with parchment paper and set aside.
2. Warm Honey: Heat honey and optional Honey Hot Sauce in a 1 quart sauce pan on the store until it begins to bubble. Continue to cook for 15-20 seconds after it has started to bubble.
3. Combine Ingredients: Remove honey from heat and add remaining ingredients. Mix well to coat all seeds.
4. Bake Sunflower Seeds: Lay the sunflower seeds out as flat as possible on a lined cookie sheet and bake for 15-20 minutes, or they start to change color to a reddish brown. During that time, move the sunflower seeds around every 5-10 minutes with a wooden spoon.
5. Finish Seeds: Finish seeds and leave out to completely cool before breaking sunflower seeds into chunks. Sprinkle with additional salt, if desired.
6. To Serve: Keep in an airtight jar up to two weeks.

Yield: Make 2 Cups