

FROM THE KITCHEN OF BRITTANY STAMER, ND

# Seed Cycling Treats: Follicular Phase

## INGREDIENTS

- 1/2 cup flax seeds
- 1/2 cup pumpkin seeds
- 1/2 cup pitted dates
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon Himalayan salt
- 1/4 cup almond butter
- 1 tablespoon coconut oil
- 1/8 teaspoon cinnamon
- optional: unsweetened shredded coconut or cacao powder to roll the treats in after forming

## DIRECTIONS

1. Add all ingredients to a food processor and pulse until the seeds are pulverized and it creates a sticky dough. The seeds will still be visible. When you pinch the dough it should stick together. If it is dry, add another tablespoon of coconut oil.
2. Shape into balls. You can roll the treats in unsweetened coconut shreds or cacao powder as well for extra flavor and an adorable look!
3. Refrigerate and enjoy one each day of the week.



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FROM THE KITCHEN OF BRITTANY STAMER, ND

# Seed Cycling Treats: Luteal Phase

## INGREDIENTS

- 1/2 cup sunflower seeds
- 1/2 cup sesame seeds
- 1/2 cup pitted dates
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon Himalayan salt
- 1/4 cup almond butter
- 1 tablespoon coconut oil
- 1/8 teaspoon cinnamon
- optional: unsweetened shredded coconut or cacao powder to roll the treats in after forming

## DIRECTIONS

1. Add all ingredients to a food processor and pulse until the seeds are pulverized and it creates a sticky dough. The seeds will still be visible. When you pinch the dough it should stick together. If it is dry, add another tablespoon of coconut oil.
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