

WILDERNESS SQUARES

<i>Ingredients</i>	<i>Equipment</i>
15 gms Butter	Large Mixing Bowl
½ Cup Honey	Cup Measurements
½ Cup Pumpkin Seeds	Spoon Measurements
½ Cup Sunflower Seeds	Wooden Spoon
1 Cup Coconut	Small Saucepan
1 Tablespoon Buckwheat	

What to do

1. Weigh and measure ingredients
2. Bring butter and honey to a slow boil.
3. Drop in pumpkin and sunflower seeds and bring to the boil again.
4. Cook for 3 minutes, then remove from heat and stir in coconut and buckwheat.
5. Spray lamington tray lightly with oil.
6. Spoon into a greased plate and compress with a knife blade.
7. Refrigerate until set, then cut into squares.