

# Sunflower Butter Strawberry Bagels

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 tbsp sunflower butter
- 10-15 strawberries, halved
- 2-4 tbsp hemp hearts
- 2 Silver Hills Organic Everything Bagels

## Instructions:

1. Slice the bagel in half and place in toaster.
2. Slather with sunflower butter and place strawberries on top and then sprinkle with hemp hearts.

## Notes:

Makes 2 bagels.