

NUT BARS

INGREDIENTS

1½ cups chopped almonds	3 tbsp. coconut oil (or butter) melted
1½ cups chopped cashews	1/4 cup honey or maple syrup
1 cup unsweetened shredded coconut	1 tbsp. vanilla
1½ cups sunflower seeds	¼ tsp. Celtic sea salt

PROCEDURE

Preheat oven 300 degrees.

Line 11 x 7 baking pan with parchment paper – let sides of paper hang over.

Place nuts, seeds and coconut in mixing bowl.

Heat oil/butter and mix in honey, salt and vanilla.

Pour liquid over nut mixture and mix well.

Put mixture into the baking dish and press into the bottom of the pan.

Bake 30 minutes – Let cool completely before cutting.