

## **Nut & Honey Energy Bars**

I put the raw option in brackets just in case anyone was interested.

1 cup oatmeal (1 cup of soaked oat grouts)  
1 cup granola (raw - see recipe below)  
1/4 cup sesame seeds  
1/4 cup ground flax seeds  
1/2 cup bran (do not add to raw option)  
1/4 cup hemp seeds  
1/4 cup sunflower seeds  
1/4 cup pumpkin seeds  
1/2 cup protein powder - hemp, soy or whey (hemp)  
1/2 tsp. cinnamon  
1/2 cup maple syrup (can leave out.. makes it too sweet or use agave)  
1/2 cup honey (raw honey or agave)  
1 cup peanut butter (almond or any other raw nut butter)  
1/2 cup pecans

Optional: 1/4 to 1/2 cup coconut, raisins or dried fruit

Grease a 9"x13" or 10"x10" pan (with a little oil). Mix dry ingredients in a large bowl. Mix nut butter, honey and maple syrup in a saucepan and stir until warm/hot (not boiling). Pour and mix over dry ingredients in bowl. Press into pan and let sit for 24 hours in fridge. Cut into bars (don't need them too large as they are very sweet). Wrap individually or store in an airtight container in the fridge or freezer (freezer works best).