



Grain and Seed Energy Bars

(Available in Love Bites)

If nuts are not your friend, this recipe is for you! This recipe was developed when I was going on a Girl Scout camping trip a few years ago, and I was in charge of making "nut-free" food. It was a HUGE hit with the girls, so it has become a staple in our home. It's a great snack for the kids to take to school because it's nut-free, but it also satisfies the sweet tooth that kids have, without the sugar!

This is such a great recipe, and it's FULL of goodness!

Ingredients

- 1/3 cup old fashioned rolled oats
- 1/2 cup raw, unsalted sunflower seeds
- 1/3 cup quinoa flakes
- 1/4 cup flaxseed or wheat germ
- 1 cup puffed brown rice cereal
- 1 cup nonfat dry milk
- 1/2 tsp cinnamon or 1 drop Cinnamon Bark Vitality essential oil*
- 1/2 tsp sea salt
- 1/2 cup unrefined, organic coconut oil, melted
- 1/2 cup raw, organic honey
- 1/2 tsp vanilla bean powder or 1 tsp vanilla extract
- 1/2 cup mini chocolate chips

Preparation

Preheat oven to 300°F. Grind oats and sunflower seeds in food processor until similar to a rough flour. Combine oats, sunflower seeds, quinoa flakes, flaxseed, cereal, dry milk, cinnamon (if using dry spice), salt, and vanilla bean powder. Stir in coconut oil, honey, and chocolate chips. Mix well, pour into prepared pan, and press down with palm of your hand or spatula. Bake for about 20-22 minutes. Remove from oven, let cool and cut into small bars. Store in an airtight container for up to a week in the fridge or freeze. Note: These tend to crumble pretty easily, but keeping them refrigerated helps tremendously. Is also delicious served as a granola topping over ice cream or yogurt.

*Note: if using Cinnamon Bark Vitality essential oil, add the drop to the melted coconut oil before adding to the dry mixture. It

will incorporate into the mixture more effectively.



