

## **Energy Granola Bar**

### **Ingredients:**

¼ cup raw sesame seeds  
¼ cup coconut oil  
1/3 cup honey  
½ cup almond butter  
½ cup rice syrup  
2 cups rolled oats  
1 cup puffed brown rice cereal  
1 cup dried apricots and raisins  
½ cup pumpkin seeds  
½ cup sunflower seeds

### **Directions:**

- Line a 13x9-inch pan with parchment paper.
- Preheat oven to low setting (180-200F).
- In medium saucepan, lightly toast sesame seeds over medium heat until they brown. Remove from heat.
- Add oil, honey, almond butter and rice syrup. Stir until smooth.
- In a large bowl, combine remainder of ingredients. Pour liquid mixture over top, and stir to combine. Do not over-mix.
- Pack mixture into pan, pressing down firmly with back of warm, wet spatula or hands.
- Place in preheated oven for 20 minutes.
- Allow to cool and cut into bars with warm, wet knife. Store in fridge or freeze up to three months.