



Nut-Free Energy Bars

Ingredients:

2 C quick oats (gluten-free if desired)
1/3 C dried berries (cranberries, blueberries, dates or raisins, etc.)
1/2 C roasted sunflower seeds
1/3 C honey
1/3 C sunflower butter

Directions:

Lightly grease an 8x4 inch lidded Pyrex container and set aside. In a large bowl, combine cereal, dried berries, and sunflower seeds. Mix well.

In a pot over medium heat, use a hand whisk to constantly stir honey and sunflower butter until completely smooth and fully incorporated, about 30-60 seconds. Remove from heat as soon as mixture turns smooth and "silky." It should not boil/be overcooked, or else the mixture may "seize" and lose its ability to stick well. Let mixture cool 3-5 min.

Pour honey mixture over the dry cereal mixture, tossing to coat really well. Press mixture firmly into prepared pan. You'll need to really press hard so mixture adheres; be sure to firmly press down the sides and corners also. Cover and chill in fridge several hours before cutting into bars.

Enjoy!