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Nut-Free Lara Bars

Ingredients:

1 C minced, pitted dates
1 C minced raisins
½ C roasted sunflower seeds
½ C sunflower butter
1 T maple syrup
½ t cinnamon

Directions:

Lightly grease an 8x4 inch lidded Pyrex container and set aside. In a large bowl, combine all ingredients. Mix 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!