

Healthy Homemade Granola Bars

ingredients

- **1 cup sunflower seed butter**
- **1/2 cup maple syrup**
- **2 1/2 cup rolled oats**
- **1/2 cup dried fruits and seeds of choice**



directions

- **Line an 8x8 inch pan with parchment paper.**
- **In a large, microwave safe bowl or over the stovetop, combine sunflower seed butter and maple syrup until melted.**
- **Remove from heat and mix in the oats. Next fold in the dried fruits and seeds.**
- **Transfer granola bar mixture into the pan and press firmly into place, spreading it out to the corners. Refrigerate for at least one hour. Then remove and cut into bars.**