# 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.