



## **Breakfast bars**

From - [www.elanpantry.com](http://www.elanpantry.com)

### **Ingredients**

- 1 1/4 cups almond meal
- 1/4 t salt
- 1/4 t baking soda
- 1/4 cup canola oil
- 1/4 cup honey
- 1 t vanilla
- 1/2 cup shredded coconut
- 1/2 cup pumpkin seeds
- 1/4 cup almond slivers
- 1/4 cup sunflower seeds
- 1/4 cup raisins

### **Method**

1. In a small bowl, combine almond flour, salt and baking soda.
2. In a large bowl, combine oil, honey and vanilla. Stir dry ingredients into wet.
3. Mix in the coconut, pumpkin and sunflower seeds, almond slivers and raisins.
4. Grease an 8x8 baking dish with oil and press the dough into the base, wetting hands to help pat the dough evenly. Bake at 180 C for 20 mins. Cut into bars.