

Breakfast Bars

Ingredients:

- Rolled Oats, 2 cups
 - Quinoa, 3/4 cup
 - Bulgur Wheat, 1/4 cup
 - Pumpkin or Sunflower Seeds, 1 1/4 cups
 - Dried Cranberries, 1/2 cup
 - Maple Syrup, 1/2 cup
 - Sun Butter, 1/2 cup
 - Table Salt, 1/4 tsp
 - Coconut Oil, 1/4 cup
 - Brown Sugar, 2 tbsp
 - Vanilla Extract, 1 tsp
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Directions:

1. Heat your oven to 350.
2. Line a 9 x 13-inch baking dish so some of the paper goes over the edge.
3. Heat a large skillet over a medium-low heat and add the oats, quinoa, and millet. Stir them all around until they start to smell toasted, about 3 minutes.
4. Combine the seeds and cranberries in a large bowl. Pour in the toasted oat mix and the salt and mix together.
5. In a small saucepan, combine the maple syrup, peanut butter, oil, sugar, and vanilla and warm until everything is melted and then remove from the heat.
6. Pour this all over the dry mix and stir until everything is coated.
7. Pour the mixture into the baking dish and press it down with a spoon to even it out and pack it.
8. Cook in the oven until it looks toasted, 25 to 30 minutes.
9. Let it cool to room temperature in the pan and then move to the fridge. Then throw it into the fridge.

10. When its completely cooled, cut into bars. They keep best in the fridge.

Yield: 10 Bars

Serving Size: 1 Bar

Carbs:

Shelf Life: 5 Days