

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Ultimate Power Bars – Gluten Free

(use organic ingredients wherever possible)

Ingredients:

- 3 ½ cups Lara's gluten free oats
- 1 c. raisins
- 2/3 c. sunflower seeds
- ½ cup toasted sesame seeds
- 1 c. oat bran
- ½ c. chopped raw pumpkin seeds (optional)
- 3 T. flax seeds (whole chopped or ground)
- 1 T. cinnamon
- 1 tsp. salt
- 1 cup organic coconut
- 1 cup organic chopped almonds/cashews + a little more if desired

- 1 ½ cups organic creamy peanut butter
- 1 ¼ cup honey
- 5 T. organic butter, melted
- 1-2 cups Sunspire Grain Sweetened Chocolate chips

Directions:

- In a large bowl, combine the first 11 ingredients.
- Stir in peanut butter, honey and melted butter.
- Press mixture firmly into a parchment paper 9x13 pan.
- Bake in 350 F oven for 15 minutes.
- Remove from oven, sprinkle chocolate chips over bars.
- Return to oven until chocolate is softened (about 2 minutes).
- Spread chocolate evenly over bars.
- Cool slightly.
- Refrigerate until firm (2 hours).
- Cut into bars. Wrap individually or in snack baggies.
- Store in refrigerator or freezer.