

# Pumpkin Seed Granola Bars enjoy!

---

*This recipe can be made ahead and stored in an airtight container for up to a week or frozen. This is so filling and a healthy treat after lunch.*

## **Ingredients:** (*sf*-superfood, *asf*-almost super food)

3 1/2 cup	old fashioned oats( <i>sf</i> )	1/2 cup	brown sugar
1/2 cup	dried cherries( <i>sf</i> )	1/2 tsp.	ground cinnamon
1 cup	Roasted pumpkin seeds* ( <i>sf</i> )	2	eggs, beaten
1/4 cup	slivered almonds ( <i>sf</i> )	1/2 cup	Almond butter ( <i>sf</i> )
1/2 cup	honey	1 tsp.	vanilla

### Directions:

Preheat oven to 350 degrees.

Prepare a 15" x 10" jelly roll pan by brushing with a non-stick spray. Mix the dry ingredients together in a large bowl. Mix the honey, beaten eggs and vanilla together in a small bowl. Combine with the dry mixture and mix well. Firmly press the granola mixture flat into the jelly roll pan. Bake at 350 degrees for approx. 20 minutes, or until lightly browned around the edges. Do not over bake. Cool and cut into desired sized bars. \*To roast Pumpkin Seeds: toss seeds with 1/2 Tbls. Of olive oil and 1/2 tsp. of salt. Spread the seeds on a foil covered baking sheet and roast in the oven for approx. 1 hour at 225 degrees. Store any extra seeds covered in the refrigerator.

[www.healthybrownbag.com](http://www.healthybrownbag.com)