

## Seed Bars

*Adapted from Feasting at Home*  
Makes about 10 bars

### Ingredients

1/2 cup raw pumpkin seeds  
1/2 cup raw sunflower seeds  
1/4 cup sesame seeds  
1/4 cup chia seeds  
1/4 cup flax or hemp seeds  
1 cup unsweetened, large-flake coconut  
Pinch of salt  
1 teaspoon vanilla  
1/2 cup honey, brown rice syrup, or maple syrup (warmed)



Photo credit: Feasting at Home website

### Instructions

Preheat oven to 325°F.

Mix the seeds, coconut, and salt together in a medium bowl. Add vanilla and warmed honey, and stir gently until uniformly combined.

Press a large piece of parchment paper into an 8x8 baking pan, so it comes all the way up the sides. Lightly grease parchment with oil or cooking spray.

Pour the seed mixture into the parchment-lined pan and use a metal spatula wetted with water to spread it out evenly, pushing the mixture into the corners and edges. Press down firmly until you have a compacted, smooth surface and mixture is spread evenly in the pan.

Bake on the middle rack of the oven for 40-55 minutes. Check at 25 minutes. If the edges are browning too quickly, turn the oven down to 300°F. Watch the pan closely after 40 minutes, and bake until golden, but not dark. For a chewier consistency, take the pan out at 40-45 minutes; for a crunchier consistency, let it cook for 50-55 minutes.

Remove pan from oven and cool completely. Once cooled, take the parchment out of the pan, turn it over, and peel parchment away from bars. Flip back over and cut bars into desired size. Store at room temperature.