

Anti-Hangry Granola Bars

Prep Time: 45 min Makes: 16 bars

These nut-free bars are an excellent source of fibre, protein and anti-oxidants. You can certainly add nuts like almonds, walnuts, pecans or cashews in place of some or all of the pumpkin seeds.

Ingredients

- 1½ cups unsweetened apple sauce
- ¼ cup raw honey
- 2 cups rolled oats
- ½ cup of brown rice, almond or spelt flour
- ½ cup unsweetened coconut, shredded
- ½ cup pumpkin seeds
- ½ cup raisins/dried fruit
- 2 Tbsp cinnamon
- 1 Tbsp vanilla bean extract
- 1 tsp virgin coconut oil

Directions

1. Preheat oven to 350F and grease the bottom of a 12' x 8' baking dish with coconut oil.
2. In a medium bowl combine oats, flour, shredded coconut, pumpkin seeds, raisins and cinnamon.
3. In separate bowl combine vanilla, honey and apple sauce.
4. Add the apple sauce mixture to the dry ingredients and mix well (it's much easier to use your hands).
5. Pour the entire granola mixture into prepared baking dish and pat down evenly. Bake for 35 min.
6. Remove from the oven and let cool 10-15 min. then cut into squares. It is much easier to cut when still slightly warm. Store in fridge for up to five days or freeze for longer storage.

Recipe Source: Heather Woodruff, Nutritionist

Nutritional Value of Select Ingredients

Coconut – Coconut has been part of a healthy tropical lifestyle for thousands of years. Contrary to popular belief, coconut oil actually helps raise good HDL cholesterol levels. Thailand, where coconut and its products are found in virtually every dish, has the one of the lowest cancer rates in the world.

Pumpkin Seeds – These mighty seeds actually contain more iron than liver by weight, and are an excellent source of essential fatty acids (EFA's), protein, calcium, and phosphorus. They are commonly used to alleviate prostate problems, as they are high in zinc. They are also antiparasitic and used to combat intestinal worms.

Raisins – These powerhouses of energy contain iron, potassium, calcium, magnesium, phosphorus, and B vitamins, plus fructose that give us that little boost of energy via natural fruit sugars.

Cinnamon – is a potent spice that is known as a warming digestive aid. It has an ant-microbial effect in the body while being high in fibre and antioxidants. Enjoy this healthful spice in breakfasts, smoothies and spiced soups!