

Granola Bars

Adapted from Angela Liddon's New Mama Glo Bars

- 1 1/2 cups rolled oats
- 1/2 cup quinoa flakes
- 1/4 cup sesame seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seed
- 1/2 cup chopped nuts of your choice
- 1/2 cup coconut
- 1/2 cup dried fruit of your choice - cherries, berries, apricots, apples, etc.
- Mix all of the above and set aside.



In a separate bowl combine the following:

- 1/2 cup almond butter
- 1/2 cup honey
- 2-3 Tablespoons coconut oil
- 1/4 tsp. salt

Combine all of the ingredients and mix well. If the mixture is not sticky enough, add more honey. Once all of the ingredients are combined, add dried fruits of your choice; cherries, berries, apples, etc. Mix together and press firmly into a parchment paper lined 8x8 baking pan. Place in the freezer or refrigerator for 20 minutes to set up.

Recipe adapted by Tony Judd from Angela Liddon's New Mama Glo Bars recipe.

<http://ohsheglows.com/2016/09/26/new-mama-glo-bars-lactation-friendly-nut-free/>