

pumpkin seed bars

Makes 12 bars

RECIPE FROM: [Beside the Mountain](#)

COOK TIME: 30 minutes

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- 1 Tbsp chia seeds
 - 2 Tbsp water
 - 1/3 cup honey
 - 1 Tbsp coconut oil
 - 3 Tbsp peanut butter or any nut or seed butter
 - 1 cup quick oats
 - 1 1/2 cups pumpkin seeds
 - 1 Tbsp pumpkin spice
 - 1/2 tsp sea salt
 - 1 tsp vanilla extract

PREHEAT oven to 350 °F.

PLACE chia seeds and water in a bowl, stir and let sit.

PLACE honey over medium-low heat in a medium sized pot. Heat until bubbly, then turn heat to low and let bubble for 5 minutes. Remove from the heat.

ADD coconut oil and nut/seed butter to pot of honey, stirring well. Let cool for a few minutes.

IN a food processor or blender, pulse pumpkin seeds, oats, pumpkin spice and sea salt for about 30 seconds or until everything looks like coarse sand.

DUMP pumpkin-oat mixture into the pot of honey, add chia seed mixture and vanilla. Stir everything together – it will take a bit of work to get everything combined.

PLACE in a greased 8x8 pan and press the mixture down with the back of a spoon. Bake for 11 minutes.

LET cool and cut into bars. Store in an air-tight container for up to 7 days or keep in the freezer up to 6 months.

