



Sunflower & Pumpkin Seed Breakfast Bars

Makes 12 bars

- 1 cup [blanched almond flour](#)
- ¼ tsp celtic sea salt
- ¼ cup coconut oil, gently melted
- 14 drops stevia
- 3 Tb water
- 1 tsp vanilla extract
- ½ cup unsweetened shredded coconut
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ¼ cup ground flax seeds
- ¼ cup dates, chopped

- Preheat oven to 350°
- In a food processor combine almond flour and salt
- Add coconut oil, stevia, water and vanilla, pulse to combine
- Add coconut, pumpkin seeds, sunflower seeds, flax and dates. Pulse to get a coarse mixture. You want to see some of the seeds but you want it to be moist enough to hold stick together when you press it with your hands. If necessary add more water.
- Press dough into a 6 ½ x 8 inch lightly oiled baking dish, wetting your hands with water to pat dough down.
- Bake at for 20 minutes
- Cool bars in pan for 2 hours.
- Cut into bars refrigerate or freeze.