

Cranberry Energy Bars

10 ingredients · 30 minutes · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
2. Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
3. Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
4. Bake in oven for 15 minutes.
5. Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Leftovers

Store on the counter in an airtight container for up to one week. Refrigerate or freeze for longer.

Nut Allergy

Skip the pecans and double up on the sunflower and pumpkin seeds.

Ingredients

- 3/4 cup** Unsweetened Coconut Flakes
- 1/2 cup** Pecans (chopped)
- 1/3 cup** Sesame Seeds
- 1/4 cup** Pumpkin Seeds
- 1/4 cup** Sunflower Seeds
- 1/4 cup** Ground Flax Seed
- 1/4 cup** Dried Unsweetened Cranberries
- 1/4 tsp** Sea Salt
- 1/4 cup** Raw Honey
- 1/4 cup** Sunflower Seed Butter

Nutrition

Amount per serving

Calories	228	Vitamin D	0IU
Fat	18g	Vitamin E	2mg
Carbs	16g	Vitamin K	0µg
Fiber	4g	Thiamine	0.1mg
Sugar	10g	Riboflavin	0mg
Protein	5g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	62mg	Folate	31µg
Potassium	136mg	Vitamin B12	0µg
Vitamin A	7IU	Phosphorous	167mg
Vitamin C	0mg	Magnesium	68mg

Calcium	68mg	Zinc	1mg
Iron	2mg	Selenium	12µg

