



# SUNNY HONEY ENERGY BARS

YIELDS 24 BARS (4OZ)

## Ingredients

- 3 cups puffed amaranth
- 3 cups puffed quinoa
- 1 cup rose hips, softened in just enough hot water to cover, drained
- 1 cup roasted, salted sunflower seeds
- 1 cup roasted, salted pepitas
- ½ cup chia seeds
- ½ cup sesame or benne seeds
- 1 cup honey
- 1 cup sunflower butter

## Directions

- Line a half sheet pan with a parchment sheet.
- Place honey and sunflower butter in a small saucepan over low heat. Heat, whisking occasionally, until honey and sunflower butter can be whisked into a smooth sauce.
- Combine remaining ingredients in a large mixing bowl and toss everything together to evenly combine.
- Drizzle the honey and sunflower butter mixture over the seed mixture, then use a sturdy spatula to fold everything together until all of the seed mixture is evenly coated with the honey and sunflower butter.
- The mixture should come together into a stiff, moldable mass. Spread the seed mixture into an even layer completely covering the prepared sheet pan, pressing very firmly to pack the mixture in so that the mixture will keep its shape when cut.
- Cover sheet pan with plastic and chill for at least 4 hours. Using a sharp knife, cut into 24 bars (6 x 4).