

POPPY SEED CASHEW BARS

Prep 15 min | Cook time 30 min

Ingredients

- $\frac{3}{4}$ cup small seeds (preferably raw); poppyseed (ground), flax, chia, hemp hearts, sesame – my favorite is poppy seed!
- $\frac{3}{4}$ cup larger seeds or nuts (again preferably raw); pumpkin, sunflower, cashew, almond, walnut – my favorite is cashew!
- 1 cup shredded coconut
- $\frac{1}{2}$ cup honey (warmed for easy mixing)
- a pinch of salt (omit if nuts are roasted with salt)
- 1tsp vanilla (optional)



Directions:

Preheat oven to 325F.

Mix all ingredients together in a bowl and add to an 8x8" pan lined with parchment paper. Pack down very firmly until you have a nice smooth surface.

Place in oven for ~ 40-50 min. Cook for less time to have chewy bars (40 min) and cook for more time to have crispier bars (50 min). Take them out of the oven when they are perfectly golden! Let cool then cut.

Notes:

You can use maple syrup or sweetened condensed milk instead of honey, but be sure to add 1 tablespoon of ground flax. They will be crumbly, but will still taste great!

Quick Version: mix 1.5 cup ground poppy seed, 1 cup chopped nuts, $\frac{2}{3}$ cup honey. Microwave for a few minutes and pack into a tray and let cool.

- Vegetarian
- Gluten free
- Dairy Free
- Low Carb
- Anti-inflammatory