



Chocolate Nut and Seed Bars

These grain-free bars are refined-sugar-free and full of flavor, thanks to the toasted almonds, pecans, cashews and a handful of different seeds. The bars are great as is or, for an elevated approach, the chocolate drizzle feels pretty special.

INGREDIENTS

For the Bars:

1 cup (145g) toasted almonds

3/4 cup (82g) raw pecans

3/4 cup (97g) raw cashews

1/2 cup (70g) raw pepitas

3 tablespoons sesame seeds

1/4 cup (30g) raw sunflower seeds

1/4 cup plus 1 tablespoon brown rice syrup

1 teaspoon vanilla extract

1/2 teaspoon kosher salt

For the Chocolate Drizzle (optional):

1/3 cup dark chocolate, optional

1/2 teaspoon coconut oil

INSTRUCTIONS

Preheat the oven to 325 F.

Grease an 8×8 inch square baking pan with butter (or coconut oil) and line with parchment paper, leaving a 1-inch overhang on two of the sides to help with removing the bars once they're set.

In a medium mixing bowl, toss together the almonds, pecans, cashews, pepitas, sesame seeds, and flax seeds.

In a small saucepan, warm the brown rice syrup, vanilla extract and kosher salt and stir until well combined.

Pour the wet mixture into the nut mixture and stir to coat. Quickly transfer to prepared pan. The mixture is sticky! My trick at this point is to quickly grease the back of a spatula and use it to press the mixture firmly and evenly into the pan in a nice even layer.

Bake for 20-22 minutes, or until the tops are just slightly golden (this can be tough to tell visually, so just trust that they firm up once cool). Allow bars to cool for at least 1 hour in the pan.

Once the bars have cooled completely, use the parchment paper as handles, lifting the bars out of the pan, and slice into 10 even bars (or 20 smaller squares).

In a small, microwave safe bowl, combine the chocolate and coconut oil and microwave on high until melted, 40-60 seconds (stir halfway through to ensure it doesn't burn in spots). Dunk a teaspoon in the chocolate and use it to drizzle over each bar in a zigzag design.

Let the chocolate firm up before handling the bars, at least 25 minutes. Store in an airtight container at room temperature for up to 1 week, or in the fridge for 3-4 weeks.