



## Savory Nut Bar

You usually think of sweet when it comes to nut bars, but these spicy, savory nut bars are just about the best afternoon snacking bar we have ever tried. Roasting nuts with curry powder imbibes the nuts with spicy goodness.

### Ingredients

- 1 cup raw cashews
- 1 cup raw almonds
- 1/2 cup raw walnuts
- 1 tablespoon virgin coconut oil, melted, plus more for greasing
- 1 tablespoon Madras curry powder
- 1/2 teaspoon kosher salt
- 1 cup puffed brown rice

- 1/2 cup toasted coconut chips
- 1/2 cup dates (about 5 dates), pitted and finely chopped
- 1 tablespoon flax meal
- 1 tablespoon toasted sesame seeds
- 1/2 cup brown rice syrup

### DIRECTIONS

Preheat oven to 325°F. Combine cashews, almonds, walnuts, coconut oil, curry powder, and salt in a medium bowl; stir to coat. Transfer to a large baking sheet, and spread in an even layer. Bake until nuts are lightly toasted, 8 to 10 minutes.

Grease a 9-inch square baking pan with coconut oil, and line with parchment paper, leaving a 1-inch overhang on 2 sides. Toss together toasted nuts, puffed rice, coconut chips, dates, flax meal, and sesame seeds in a medium bowl. Add brown rice syrup, and stir to coat. Transfer to prepared pan, and bake at 325°F until toasted and starting to set, 15 to 18 minutes.

Transfer pan to a wire rack; let cool 20 minutes. Remove mixture from pan, and discard parchment; let cool completely. Using an oiled knife, cut into 12 bars. Individually wrap with parchment paper, and store in an airtight container.