

seed bars

★★★★★ 5 from 22 reviews

Seed Bars! Nut-free, oil-free, grain-free, paleo approved energy bars that only take 5 minutes of hands on time before baking in the oven. High in protein and fiber, these all natural bars make for a simple breakfast on the go or energy boosting midday snack!

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Cook Time: 55

Yield: 10

Method: baked

Prep Time: 5

Total Time: 1 hour

Category: snack, gluten-free, bar

Cuisine: northwest



SCALE

ingredients

- 1/2 cup pumpkin seeds (raw)
- 1/2 cup sunflower seeds (raw)
- 1 heaping cup large flaked coconut (unsweetened)
- 1/4 cup sesame seeds
- 1/4 cup chia seeds
- 1/4 cup flax seeds (or sub hemp seeds)
- generous pinch salt
- 1 teaspoon vanilla
- 1/2 cup honey (warmed for easier mixing- heat jar in a hot water bath) or maple syrup– see notes

instructions

preheat oven to 325F (be exact)

Mix the seeds and salt together in a medium bowl. Stir in vanilla and warm honey, until uniformly combined.

Place a piece of parchment in an 8 x 8 baking pan (all the way up the sides too) . Spray lightly with oil.

Pour seed mix into lightly greased, parchment-lined pan and using a wet metal spatula, spread it out, into corners and edges and *press down firmly* until you have a compacted, smooth surface at a uniform depth.

Place in the oven for 40-50 minutes. Check at 40 minutes. For a chewy consistency, take out at 40-45 minutes, for a crispier crunchy consistency, let it cook the full 50 -55 minutes. *Keep in mind, all ovens are different, so heat may*

vary. The key is...You want to take them out when they are **perfectly golden**, before they get too dark. So keep a close eye on them after 40 minutes. If you take them out too early (before they are golden) they may be too chewy and sticky. Pay attention to the color.

For example: I've cooked these in two different ovens. In the gas oven, 50-55 minutes delivered perfectly golden bars. In the electric oven, 45 minutes were enough for perfectly golden. 55 minutes would have burnt them.

Remove from oven, and cool completely. You could place in the fridge to cool faster. When it's completely cooled, take the parchment out of the pan, turn it over and remove parchment. Flip back over and cut into desired shapes or bars. Store at room temp. To keep them crisp, store uncovered, on the counter.

notes

You can easily make these vegan by substituting maple syrup and add 1 tablespoon ground flax. They will be slightly more crumbly, but not too bad.

If you don't have an 8x8 pan, you could make "crackle" on a sheet pan. Basically place mixture on a parchment lined sheet pan, pressing down hard with spatula, into an 8-10 inch round. It will spread out and become thin in the oven. Check at 35-40 minutes and pull it out when it is deeply golden. Let it cool completely. Break apart into crackle.

Nutrition Facts

Serves 12

Amount Per Serving

Calories 185

% Daily Value*

Total Fat 12.5g **16%**

Saturated Fat 4.2g

Cholesterol 0mg **0%**

Sodium 28.7mg **1%**

Total Carbohydrate 17.3g **6%**

Dietary Fiber 3.7g **13%**

Sugars 12.1g

Protein 4.4g **9%**

Keywords: seed bars, seed bar recipe, paleo seed bar, gluten free granola bar, keto granola bar, grain free granola bar,

granola bar recipes, keto bars,

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