



Chewy Seed Bars

Packed full of nutrients your little ones will feel as if they're getting a treat rather than a powerhouse of vitamins, minerals and antioxidants. Adults and children love these bars alike!

Dry ingredients

- 1 cup pumpkin seeds
- 1 cup dried shredded coconut
- ½ cup sesame seeds
- ½ cup sunflower seeds
- 4 tbs chia seeds
- 2 tbsp bee pollen (optional)

Wet ingredients

- 20 pitted dates, soak in some warm water for 10mins before use
- 6 tbsp coconut oil, room temperature
- 4 tbsp raw cacao powder
- 1 whole vanilla bean, cut into pieces (including the pod) or 1 teaspoon vanilla extract

Add after blending

- 6 tbsp rolled oats
- 2 tbsp poppy or chia seeds

Directions

1. Place the dry ingredients (leaving out the oats and chia seeds) into a food processor and blitz until roughly chopped, you want the mixture to still have a crunch. Set aside in a bowl.
2. Add half of the dates and the rest of the wet ingredients to the food processor. Run the processor for 30 seconds, then add the rest of the dates one at a time while the machine is running until the mixture is smooth. If the mix is getting stuck unplug stir around a few times with a fork or add a dash of water. Continue to blend until smooth.
3. Combine the wet ingredients with the dry and add in the oats and seeds. Get your kids involved at this stage and ask them to mash the mix together with their hands.
4. Press the mixture evenly into a 11 x 7-inch baking dish, make sure it becomes quite compact. Place in the fridge for about 30 minutes. Cut into bars. Wrap them in paper and store in the fridge in an air-tight container.

My tip is to freeze them and put into lunch boxes straight from the freezer so they hold their shape.