

## Chewy Poppy Seed Bars

PREP TIME: 10 minutes

TOTAL TIME: 90 minutes

Servings: 12-14 bars



### Ingredients

1/2 cup honey  
2 Tbsp coconut sugar  
2 Tbsp coconut oil  
1 tsp pure vanilla extract  
1 cup raw walnuts  
1 cup raw cashews  
1/2 cup raw pepitas  
1/4 cup hemp seeds  
1/4 cup poppy seeds  
1/4 cup sesame seeds  
1 cup prunes, chopped  
Sprinkle of sea salt

1. Preheat oven to 350 degrees. Line a 9x13 inch pan with parchment paper that is cut to the exact shape of the bottom of pan with a 1-2" overhang on both edges then lightly coat the parchment paper on the bottom and sides of the pan with coconut oil and set aside. This step is important in making sure the bars come out of the pan easily.
2. In the prepared pan, add the nuts, seeds, and chopped prunes and stir mixture to uniformly combine then set aside.
3. In a medium sauce pan, add the honey, coconut sugar, and coconut oil and bring the mixture to a boil while stirring constantly. Continue to boil the mixture for 3-4 minutes then remove from the heat and stir in the vanilla. Avoid boiling over 4 minutes given you may burn the honey and the longer you boil the mixture, the harder the bars will be.
4. Carefully pour the hot honey mixture over the nut, seed, and dried fruit mix and stir until evenly combined. Level the top of the mixture with the back of a spoon. Sprinkle with sea salt then place in the preheated oven for 30-35 minutes or until the top is golden brown. Remove from the oven and allow bars to fully cool, about 45-60 minutes or overnight before cutting into them. Store bars individually wrapped in parchment paper (to avoid sticking) in an air tight container for up to 7 days. Note bars hold together better if refrigerated.