

Breakfast Bars

*From [Elana's Pantry](#) blog

Ingredients

1 ¼ cup blanched almond flour
¼ teaspoon celtic sea salt
¼ teaspoon baking soda
¼ cup grapeseed oil
¼ cup agave nectar
1 teaspoon vanilla extract
½ cup unsweetened shredded coconut
½ cup pumpkin seeds
½ cup sunflower seeds
¼ cup blanched slivered almonds
¼ cup raisins

- In a small bowl, combine almond flour, salt and baking soda
- In a large bowl, combine grapeseed oil, agave and vanilla
- Stir dry ingredients into wet
- Mix in coconut, pumpkin seeds, sunflower seeds, almond slivers and raisins
- Grease an 8 x 8 inch baking dish with grapeseed oil
- Press the dough into the baking dish, wetting your hands with water to help pat the dough down evenly
- Bake at 350° for 20 minutes
- Cool bars in pan for 2 hours, then serve

Makes 12-16 bars