

Granola Bars

¼ cup Honey

¼ cup Coconut Oil

¼ cup Sunflower Seed Butter

¼ tsp Nutmeg

½ tsp Cinnamon

¼ tsp Ginger

1/8 tsp Salt

Mix these ingredients together and bring to a boil.

½ cup Pumpkin Seeds

1 cup Coconut

1-1/2 cup Almonds

½ cup Dark Chocolate Chips

¾ cup Almond Flour

Put these ingredients in a food processor (excluding Chocolate Chips), grind to desired consistency.

Add wet ingredients and Chocolate Chips. Pulse to combine.

Grease 9x9 pan with ghee (or butter) or coconut oil. Pour batter in and pack.

Bake at 350 degrees for 10 minutes or until desired texture. Turn off and let granola dry in oven as it cools.