



Five Minute, No-Bake Vegan Granola Bars

By Gina Hamshaw

Serves 10-12

- 2 ½ cups rolled or quick oats
 - 1 cup raw pumpkin seeds (pepitas)
 - ½ cup raisins
 - 2/3 cups peanut or almond butter
 - 1/2 to 2/3 cup agave nectar or brown rice syrup (adjust based on how well things stick together)
 - 1/8 teaspoon sea salt (adjust based on which nut butter you use)
1. Mix oats, pumpkin seeds, and raisins in a large bowl.
 2. Whisk together nut butter, sweetener, and sea salt. Pour into oat mixture, and mix well, till everything is sticky and combined. If it's too dry, add a bit more agave.
 3. Press mixture into a shallow baking dish that you've lined with foil or saran wrap. Cover with more foil/saran, press well into the baking dish, and refrigerate for 4 hours. Cut into bar shapes, wrap, and keep refrigerated till ready to use. They will last two weeks in the fridge.

Author Notes: This bar can be whatever you want it to be. Add different kinds of dried fruits, different nuts, or different nut butters. It's all good. Mix, wrap, and enjoy! - **Gena Hamshaw**