



Pecan, Walnut Sesame Bars

Makes 12 Bars

Ingredients:

As needed Nonstick Vegetable oil Spray
¾ cup Walnuts - pieces
¾ cup Pecan - pieces
8 tbsp. Raw Sesame Seeds, divided
6 tbsp. Flaxseed, divided
¼ cup Wheat Bran
¾ tsp. Kosher Salt
¼ tsp. Ground Cardamom
½ cup Maple Syrup
1 tbsp. Coconut Oil

Directions:

Heat oven to 350 degrees. Coat a 8x8 baking pan with the vegetable spray, then line with parchment paper – leaving overhang on all sides

Place the pecan, walnuts, sesame seeds and flax seeds on a baking sheet pan. Place in the oven and bake until golden brown. Let cool. Set aside 1 tablespoon each of the sesame and flax seeds.

Place the nuts, remaining seeds, wheat bran, salt and cardamom in a food processor – chop to get small pieces. Place in a bowl.

In a pot, bring the maple syrup and coconut oil to a boil – boil for 1 minute.

Pour the maple syrup over the nut mixture – stir to coat, blend well.

Pour the mixture into the lined baking pan. Wet your hands and press the mixture to create a firm, level layer.

Top with the remaining seeds, press to adhere.

Bake until golden brown – 20-25 minutes. Let cool, then cut into 12 bars