

CRISPY SNACKING SQUARE

Yield: 25 squares

INGREDIENTS:

1 ½ cups large flake rolled oats
1 ¼ cups brown rice cereal
¼ cup hemp seeds
¼ cup pumpkin seeds
¼ cup unsweetened shredded coconut
2 Tbsp sesame seeds
2 Tbsp chia seeds
¼ cup goji berries
1 tsp cinnamon
½ cup honey
⅓ cup nut or seed butter (I like almond butter)
¼ tsp sea salt
2 tsp vanilla extract

DIRECTIONS:

1. Line a 9-inch square pan with parchment paper.
2. Line a baking sheet with parchment paper. Preheat oven to 350°F. Spread oats out and toast for 10 minutes.
3. In a large bowl combine toasted oats, rice cereal, hemp seeds, pumpkin seeds, coconut, sesame seeds, chia seeds, goji berries, and cinnamon.
4. In a small saucepan, stir together honey, nut butter, and salt.
5. Whisk together over medium heat until mixture is smooth and is starting to bubble. Stir in vanilla extract.
6. Pour nut mixture over oat mixture and mix with a rubber spatula until well incorporated.
7. Press mixture into pan and press down tightly. Flatten mixture with your hands or rubber spatula.
8. Chill in fridge for at least 30 minutes or freezer for 10 minutes or until firm.
9. When ready to slice, lift up the parchment paper and slice into 25 squares. Store in fridge or freezer for up to 3 months.

LOCATIONS:

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