

# High Protein Granola Bars

## Ingredients

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1 3/4 c oats  
1 c sliced or slivered almond  
1 c coconut (unsweetened, shredded)  
1 c hemp seeds (or sunflower seeds)  
1/4 c chia seeds  
1 T poppy seeds  
1/4 c coconut oil  
2/3 c maple syrup (or honey)  
1/4 c coconut sugar  
1 t vanilla  
1/4 t sea salt  
1 t lemon zest (optional)

## Instructions

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<ul>  
<li>  
Preheat oven to 350 degrees F.</li>  
<li>  
Grease an 8&times;12 baking dish (best if  
&nbsp;   <li>  
&nbsp;   </li>  
<li>  
Toss the oats, almonds, and coconut together on  
a sheet pan and bake 10-12 minutes, stirring  
occasionally, until lightly browned.&nbsp;   </li>  
<li>

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Transfer the mixture to a large mixing bowl and stir in the seeds.</li>

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Reduce the oven temperature to 300 degrees F.</li>

<li>

Place the coconut oil, honey or maple syrup, coconut sugar and salt in a small saucepan and bring to a boil over medium heat.&nbsp;</li>

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Cook and stir for 1 minute, then add vanilla and lemon zest pour over the toasted oatmeal mixture stir well.</li>

<li>

Pour mixture into the greased baking dish.&nbsp;</li>

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Press the mixture evenly into the pan.&nbsp;  </li>

<li>

Bake 25-30 minutes, until light and golden brown.</li>

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<span class="Apple-style-span" style="font-family: Verdana; font-size: 13px;">Cool in pan before cutting.</span></li>

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