

Protein Bars

Mix together:

3 cup rolled organic oats

1/2 raw sunflower seeds

1 cup protein powder (may be chocolate flavored)

1/2 cup shredded coconut

1 teaspoon sea salt

1 teaspoon cinnamon

Optional: 1/2 cup cocoa chips

In separate bowl mix together:

1 cup greek yogurt

1 cup sunflower seed butter

1/2 cup coconut oil liquefied

1 teaspoon vanilla

1/2 cup pure maple syrup

Combine all ingredients into one bowl and mix well. Mixture will be very sticky. Place mixture into a greased 9 x 13 baking dish. Bake on 350 degrees for 15 minutes. Remove from oven and let cool about 15 minutes. Cut into squares and place on a cookie sheet and cook again at 350 degrees for 15 minutes. Let cool and enjoy.