

# Classic Glo Bar

## Ingredients:

- Gluten-free rolled oats 1 1/2 cups
- Rice Crisp Cereal 1 1/4 cups
- Hemp seeds 1/4 cup
- Sunflower seeds 1/4 cup
- Unsweetened shredded coconut 1/4 cup
- Sesame seeds 2 Tbsp.
- Chia seeds 2 Tbsp.
- Ground Cinnamon 1/2 tsp.
- Fine-grain sea salt 1/4 tsp
- Brown rice syrup 1/2 cup + 1 Tbsp.
- Roasted Peanut (or Almond) Butter 1/4 cup
- Pure vanilla extract 1 tsp.
- Mini, non-dairy chocolate chip 1/4 cup

**TIP:** to make the bars nut-free, substitute sunflower seed butter for the peanut butter. Look for lightly sweetened sunflower seed butter, such as by Sunbutter, because unsweetened sunflower seed butter can have a bitter aftertaste.

## Directions:

1. Line a 9-inch square pan with 2 pieces of parchment paper.
2. In a large bowl, combine oats, rice crisp cereal, hemp seeds, sunflower seeds, coconut, sesame seeds, chia seeds, cinnamon, and salt—mix together.
3. In small saucepan, stir together the brown rice syrup and peanut butter until well combined. Cook over medium to heat until the mixture softens and bubbles slightly. Remove the pan from the heat and stir in the vanilla.
4. Pour all the peanut butter mixture over the oat mixture. Stir well until all of the oats and cereal are coated in the wet mixture. (The resulting mixture will be very thick and difficult to stir.) If using the chocolate chips, allow the mixture to cool slightly before folding in the chips. This will prevent them from melting.
5. Transfer mixture to 9-inch pan. Lightly wet your hands and press down on the mixture to even it out. (you may also use a pastry roller to compact the mixture firmly and evenly.) This helps the bars hold together better.
6. Place the pan in the freezer, uncovered, and chill for 10 minutes, or until firm.
7. Lift the oat square out of the pan, using the parchment paper as handles, and place it on a cutting board. With a pizza roller (or a serrated knife), slice the square into 6 rows and then slice them in half to make 12 bars total.
8. Wrap the bars individually in plastic wrap or foil and store them in an airtight container in the refrigerator for up to 2 weeks. Alternatively, you can store them in the freezer for up to 1 month.

