



# The Healthy Performer

## Homemade Granola bars

*2 cups quinoa flakes or puffed brown rice cereal*  
*1/2 cup raw sunflower seeds*  
*1 cup sliced raw almonds*  
*1/2 cup hemp seeds*  
*1/2 cup honey*  
*1/4 cup raw coconut oil*  
*2 teaspoons vanilla extract*  
*1/2 teaspoon sea salt*  
*3/4 cup chopped dried fruit, any combination (unsweetened)*

Preheat the oven to 350 degrees F.

Spread the oats, sunflower seeds, almonds, and hemp seeds onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, coconut oil, and extract in a medium saucepan and place over medium heat. Cook until the mixture becomes liquid.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

