

Nut-Free Quinoa Granola Bars



Ingredients:

- 3 cups rolled oats
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 1/3 cup uncooked quinoa
- 2 tsp. cinnamon
- Dash of nutmeg
- 1/3 cup dried blueberries or cranberries
- ½ cup raisins
- 1 cup honey

Directions:

1. Combine oats, seeds, quinoa, cinnamon and nutmeg and mix well in a large bowl.
2. Spread the granola evenly on a baking sheet and bake for 25 minutes at 325 degrees F. Remove and let the granola mix cool.
3. Heat honey in a saucepan. While it's warming place granola in a large bowl and mix in raisins and dried blueberries or cranberries. Add the honey and stir well until combined.
4. Pat down into a greased 9x13 pan, and bake for 18-20 minutes. Once bars are cooled, you may cut them and enjoy!