

Peanut Butter or Tahini Cookies

- ½ cup Natural (crunchy or smooth) Peanut butter or Tahini
- ½ cup honey
- ½ cup raw sunflower seeds
- 1 ½ cups rolled oats

Blend first 2 ingredients. Add seeds and oats. Stir and drop by teaspoonfuls onto oiled baking sheet. Bake at 350 degrees for 10 minutes. Cookies are done when edges are golden. Cool on baking sheet. Transfer to wire rack.

Preheat oven to 325 degrees

Pulse chop dry ingredients in food processor:

- 5 and one half lbs. oats
- 1 lbs. wheat germ
- 1 lbs ground flaxseed
- 1 lbs oat bran

Empty dry ingredients into a bowl.

Pulse chop nuts in food processor:

- 2 lbs. walnuts
- 2lbs almonds

Empty nuts into bowl with dry ingredients.

Pulse chop fruit

- 3 lbs raisins
- 5 lbs fresh medjool dates (Whole foods carries these)
- 2 lbs dried cherries

Warm 1lbs peanut butter with one half tsp honey (I used a rounded tsp of honey) set aside.

Put all ingredients into food processor including one quarter to one half tsp. cinnamon. Drizzle peanut butter honey mixture over the top.

Pulse chop or run on low speed until well combined. Empty all ingredients into a large, wide bowl. Form ingredients into a ball.

Use a rolling pin and roll the dough out flat on wax paper or parchment paper. Cut into 8 granola bars. Line a pan with parchment paper and bake the bars for 15-17 minutes.

Nutritional info.: 67 calories each, fat 2.9 g, fiber 1.8 g, protein 2.1 g, carb. 9.0 g

WW 2 pts ea

Soft, chewy granola bars