



Conserve Granola Bars

2	cups	Oats, Old Fashioned Rolled
1/2	cup	Sunflower Seeds, Raw Unsalted
1/2	cup	Flax Seed, Ground
1/2	cup	Agave Syrup
1/4	cup	Brown Sugar, Dark
1	ounce	Coconut Oil
2	tspn	Vanilla Extract
1/2	tspn	Salt, Kosher
6	ounces	Cranberries, Dried

- 1 Spread the oats and sunflower seeds onto a tray and toast in a 350 degree oven for 15 minutes stirring occasionally.
 - 2 Combine the agave syrup, brown sugar, coconut oil, salt and vanilla extract in a saucepan and place over medium heat until the brown sugar is dissolved.
 - 3 Place oats, flax seeds and cranberries into a mixing bowl, add the liquid stirring with a rubber spatula until fully incorporated.
 - 4 Place mixture into a well oiled (we use extra coconut oil) 9X9 pan. Press down well making sure that it is well compressed. Chill over night, then they are ready to cut and eat.
- ** These bars are vegan, by replacing the oats with gluten free rolled oats they can be gluten free as well.