



Pumpkin Spiced Oat, Nut & Seed Bars

Ingredients:

1 c almonds

½ c pumpkin seeds

½ c sunflower seeds

½ c peanut butter

½ c Fieldstone Organics Oats, freshly rolled

¼ c pumpkin puree

¼ c Brazil nuts, chopped

¼ c Fieldstone Organics Einkorn, freshly ground flour

¼ c maple syrup

¼ c local honey

1Tbsp cinnamon

¼ tsp ginger

¼ tsp nutmeg

Instructions:

- Preheat oven to 350 degrees.
- In a saucepan bring maple syrup, pumpkin puree and peanut butter to a simmer. Stir until blended and melted. Remove from heat.
- Combine the nuts, seeds, oats and flour in a separate mixing bowl.
- Pour liquid mixture over nut mixture and blend.
- Press into 8" x 8" square pan.
- Bake for approximately 20 minutes keeping an eye as nuts toast quickly
- Remove from oven, cool and slice.



