



### 3-Seed Honey Bars

**Prep: 15 minutes plus cooling and chilling**

**Cook: 12 minutes • Makes: 16 bars**

Gluten-free nonstick cooking spray

- 1/3 cup sesame seeds
- 1/3 cup honey
- 1/3 cup packed light brown sugar
- 1 cup roasted, salted shelled pumpkin seeds
- 1/3 cup roasted, salted shelled sunflower seeds

**1.** Spray 8 x 8-inch glass or metal baking pan with nonstick cooking spray. Line baking pan with parchment paper or nonstick aluminum foil so that paper or foil extends about 2 inches over opposite sides of pan.

**2.** In large nonstick skillet, cook sesame seeds over medium-low heat 8 to 10 minutes or until lightly toasted, stirring occasionally to prevent burning. Transfer sesame seeds to plate.

**3.** In medium saucepan, stir together honey and sugar. Cook over medium-low heat 4 to 5 minutes or until mixture simmers and sugar is dissolved, stirring occasionally with rubber spatula. Remove saucepan from heat; stir in seeds. With rubber spatula, immediately spread seed mixture evenly in prepared pan. Cool 1 hour at room temperature.

**4.** Using overhanging sides of paper or foil, lift seed mixture out of pan and invert onto cutting board. Remove parchment paper or foil, and cut into 1 x 4-inch bars. Line rimmed baking pan with parchment paper or nonstick aluminum foil. Place bars in single layer on prepared baking pan. Cover with plastic wrap and refrigerate at least 2 hours or up to 3 days.

*Approximate nutritional values per serving (1 bar):  
108 Calories, 5g Fat (1g Saturated), 0mg Cholesterol,  
73mg Sodium, 12g Carbohydrates, 1g Fiber, 4g Protein*

#### **Chef Tip**

*To transport bars, wrap in parchment paper or nonstick aluminum foil.*