



Hog Island Granola Bars

Nut-free Honey-seed-oat Bars

7 cups Oats

½ cup Vegetable Oil

1 teaspoon Salt

1 cup Toasted Pumpkin Seeds

½ cup Sunflower Seeds

¾ cup Honey

½ cup Brown Sugar

¼ cup Applesauce

1 tablespoon Vanilla

Preheat Oven to 325 F and use a 18x13 inch rimmed baking pan

Directions:

Toast Oats and pumpkin seeds with oil and salt for 25-ish minutes (stirring every 10 minutes).

Combine brown sugar, honey and applesauce in a sauce pan until the sugar becomes dissolved, stir in vanilla.

Lower oven temperature to 300 F.

Combine all ingredients in a large bowl until the oats are coated. Press mixture onto the baking pan, sprayed with non-stick spray, making an even layer.

Bake for 35-40 minutes. Let cool for 10-15 minutes, cut into bars and serve.