

## Nut-Butter Cranberry Zoom Zoom Bars

Adapted from Cynthia Lair, Author of Feeding the Young Athlete, [www.cookus.tv](http://www.cookus.tv)

### Ingredients:

- 1 ½ cups rolled oats
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- ½ cup dried coconut flakes (preferably unsweetened)
- ½ cup dried cranberries
- ½ cup brown rice cereal or other puffed/crispy whole grain cereal
- ½ teaspoon salt, optional
- 1 cup nut butter (peanut, almond, cashew, sesame, sunflower)
- 1 tablespoon butter
- ½ cup brown rice syrup
- 2 tablespoons honey
- 2 tablespoons molasses



### Preparation:

- Preheat oven to 350 degrees.
- Spread oats, sunflower and pumpkin seeds on baking sheet. Toast 10 minutes, shaking every few minutes for even toasting.
- Add coconut to oat/seed mixture. Toast 2 minutes or until coconut turns golden (watch closely). Let cool
- Combine toasted mixture, cranberries, and brown rice cereal in a large bowl.
- In a saucepan, combine nut butter of choice, rice syrup, honey and molasses. Cook over medium heat; stir until smooth.
- Fold into toasted mixture until evenly mixed.
- Plop onto a greased cookie sheet. Press down with moist hands into ½ inch thick square, about 12 X 12 inches. (Or could put into old ice cube trays in order to have small portion controlled bar/bites!)
- Cool completely. Put into the refrigerator or freezer to cool quickly.
- Cut into 2x3 inch squares. Individually wrap with waxed or parchment paper.

### Notes:

If desired, can add ½ cup protein powder (whey protein isolate or pea protein blend) to the dry mixture.

This recipe can be doubled easily.

Use gluten free oats to make this gluten free.

If you purchased seeds that are already roasted, they do not need to be toasted with the oats. Other nuts and seeds can be used in place of sesame and pumpkin.