

HONEY HEMP BARS fr. Alice Medrich's [*Chewy Goopy Crispy Crunchy Melt-In-Your-Mouth Cookies*](#)

INGREDIENTS:

1 2/3 c. puffed rice or millet cereal (I used Barbra's Brown Rice Crisps)

1/2 c. hemp seeds

1/2 c. pecan or walnut halves, chopped (either is great)

2 T. white (or black) sesame seeds

1/3 c. raw pumpkin seeds

2 t. flax seed meal

2 T. dried currants

scant 1/2 c. honey

1 T. date paste or mashed dates

1/8 t. salt

1 t. pure vanilla extract (I upped this from 1/2 T.- I love vanilla)

DIRECTIONS:

Line an 8" metal baking pan with parchment paper or aluminum foil. Preheat oven to 300° F. Position a rack in the lower third of the oven.

In a large bowl, toss the cereal, hemp seeds, sesame seeds, pumpkin seeds, flax meal, & currants.

Heat the honey, date paste and salt in a one-cup glass measuring cup for 30 seconds in the microwave (or in a small saucepan on the stove). Stir and mix well until date paste is dissolved. Add vanilla. Pour honey mixture over the dry ingredients and mix with a wooden spoon until all ingredients are moistened and sticky.

Scrape mixture into the lined pan and spread evenly with a fork. Using the back of the fork or your fingers, press mixture very firmly and evenly all over pan.

Bake for 30 to 35 minutes, until the top is barely golden. Cool in pan on a rack.

Lift the ends of the parchment to remove bars from the pan. Use a sharp knife to cut bars or squares. May be kept in an airtight container for two weeks. Makes 16-25 pieces.

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