

Seedy Protein Bars

Culinary Medicine, Nutrition Services

Serves: 10, Serving Size: 1 bar

Ingredients

1 cup raw pumpkin seeds, divided in half

1/2 cup flaxseed

2/3 cup puffed brown rice

2/3 cup dried fruit or nuts (e.g. cranberries, golden raisins, Brazil nuts, etc.)

1/2 cup hulled hempseeds (hemp hearts)

1/2 cup unsweetened, shredded coconut

1/2 cup raw sunflower seeds

2 tbsp raw cacao nibs

1 tsp chia seeds

1/3 cup liquid sweetener (e.g. brown rice syrup, raw honey, agave)

1 tsp vanilla extract

1 tsp turmeric powder

1 tsp cinnamon or cardamom powder

1/2 tsp salt

Instructions

1. Line a 8x8 baking dish with parchment paper. Set aside.
2. In a food processor, add 1/2 cup pumpkin seeds and flaxseeds and pulse to grind.
3. Transfer to large bowl. Add remaining pumpkin seed, puffed rice, dried fruit and nuts, hemp seeds, coconut flakes, sunflower seeds, cacao nibs, and chia seeds to the bowl. Toss to mix.
4. In a small pot add sweetener, vanilla, turmeric, cinnamon, and salt. Warm over medium heat until gently simmering.
5. Pour sauce over mixture and stir to coat. Immediately transfer to baking dish and press firmly into an even layer.
6. Cool to room temperature before cutting bars into desired size and shape.

Equipment: baking dish, parchment paper (optional), large bowl, spoon, small pot, cutting board, knife



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Why We Like This Recipe

This is highly modifiable, great for batch cooking, can be frozen, and is great on the go! Bulk purchasing these ingredients makes this more affordable and customizable than store-bought options.

Chef's Notes:

- Store in an airtight container and use or freeze within 10 days.
- Ingredients like puffed rice, fruits, seeds, nuts, etc. are customizable, use what you have available and experiment!

Nutrition Notes:

- Nuts and seeds are dense sources of protein and heart healthy fats and phytosterols which help metabolize dietary cholesterol!

Gardener's Notes:

- *Salvia hispanica* is the source for Chia seeds. The name Chia is derived from the Mayan word meaning "Strength" and the Aztec word meaning "Oily." Native to Guatemala and Mexico, this 5' tall plant likes to grow in full sun and was used as an endurance food by ancient tribes.



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