

## **Oatmeal Bars** (Kayla Rigney)

1 1/2 cup old-fashioned oats  
1/3 cups unroasted pumpkin seeds  
1 tbsp ground flax (I love flax so I also add 1 tbsp whole seeds)  
1 small container of unsweetened applesauce  
2 tbsp coconut oil  
3 tbsp honey  
1/4 tsp ground cinnamon  
3/4 c (packed) grated carrots  
1/3 cup raisins (also good with dried cranberries)

In large bowl mix dry ingredients together. Add grated carrot and mix again. Add applesauce and honey and mix until wet throughout.

Original recipe says refrigerate... Again, I prefer things a little crispy... so I either bake at 350 for about 10-15 min, or do the 400/turn off deal if I'm too lazy to watch them.