

**No-Bake Barley Bars – Adapted by OSU FIC from “The Minimalist Baker” blog**  
<http://minimalistbaker.com/healthy-5-ingredient-granola-bars/>



1 C date paste  
¼ C pear juice concentrate  
¼ C sunflower seed butter  
1 C crushed pecans  
1 ½ C toasted and ground barley flakes  
Pinch salt

- Stir together date paste, pear juice concentrate, and sunflower seed butter. You can warm them slightly to make it easier.
- Combine the ground barley flakes, salt, and crushed pecans, then add to date mixture.
- Press the mixture into the bottom of an 8 x 8 inch pan (or similar), that has been lined with plastic wrap or parchment paper, until even.
- Cover with additional plastic wrap and refrigerate for approximately 20-30 minutes.
- Lift the slab out of the pan, remove plastic wrap, and cut into bars.