

**Hearty Barley Bar – Adapted by OSU FIC from “Oh-She-Glows” blog**  
<http://ohsheglows.com/2014/05/20/feel-good-hearty-granola-bars/>



1 ½ C mashed banana  
1 tsp vanilla extract  
1 C date paste  
½ C sunflower seed butter  
½ tsp salt  
2 C rolled barley flakes  
½ C dried blueberries  
¾ C chopped pecans  
¾ C sunflower seeds  
½ C crushed banana chips  
¼ C hulled hemp seeds  
1 tsp cinnamon

- Preheat oven to 350 degrees F; line a square 8 x 8 inch baking pan with parchment paper.
- Stir together mashed banana, vanilla extract, date paste, sunflower seed butter, and salt in a medium sized bowl until just combined.
- Combine dry ingredients and add them to the banana mixture until everything is fully incorporated.
- Press the dough firmly and evenly into your baking pan and bake for 15-20 minutes or until firm.
- Remove the pan from the oven to a cooling rack for 10 minutes, and then move the bars from the pan to a rack to cool completely.
- Slice into bars when cool.