Raw Brownies

Ingredients

1 cup rolled oats
1/2 cup cocoa or carob powder
1/4 cup toasted sesame seeds, ground
1/4 cup ground sunflower seeds
1/2 cup honey
2 cups chopped nuts

Directions

1. Combine the oats, cocoa/carob powder, ground sesame seeds, ground sunflower seeds, honey and chopped nuts. Mix well and press into the bottom of one 8 inch square dish.
2. Chill and cut into 2 inch squares to serve. These tend to be a little on the crumbly side.

Makes 16 servings

Nutrition information per serving
(2 tablespoons):
167 calories, 11g fat, 3.5g protein
17.6g carbohydrates, 2mg sodium