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