

# 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*