



## Ward's Bakerbar© (Justin's Maple Almond Energy Bar)

### Part 1:

- 3/4 cup whole grain oats (small oat)
- 1 1/4 cup of puffed millet
- 1/3 cup dates (food processor chop with flax seed meal until 1/4 balls form)
- 2 tbsp flax seed meal
- 1/4 cup pistachio's
- 1/8 cup sunflower seed
- 1/4 cup pepitas (pumpkin seeds)
- 1/4 cup almonds (chopped)
- 1 tsp sea salt

### Part 2:

- 1/2 cup rice syrup
- 2tbsp maple syrup
- 2tbsp brown sugar
- 2tbsp honey
- 1tsp vanilla
- 1/2 cup-Justin's Maple Almond butter (Justin's is key, much better than normal PB or almond butter)

1. Combine part 1 in large mixing bowl.
2. Bring part 2 to boil in small sauce pan, then stir in Justin's maple almond butter
3. Pour part 2 into bowl with part 1 while mixing.
4. Stir together until all dry pieces are combined by liquid
5. Press into buttered 9x11 baking pan, light sprinkle with sea salt, cover with wax paper and compact into even sheet.
6. share with all your friends.