



Ingredients

- 1 c raisins
- 1 c unsalted almonds, loosely chopped
- 1 ½ c old fashioned oats
- ¼ c ground flaxseed
- ¼ tsp cinnamon
- ¼ c honey
- 1/3 c natural peanut butter
- 1 tsp vanilla

Directions

Cover raisins with warm water and let stand 10 minutes. Then pulse in a food processor one minute or so, until they form a dough-like consistency. Toast almonds and oats in a 350 degree oven for 12-15 minutes or until slightly golden brown. Place oats, almonds, and raisins in a bowl. Add flaxseed and cinnamon. Warm honey and peanut butter in a small saucepan over low heat. Add vanilla. Pour over oat mixture and mix well. Once thoroughly mixed, transfer to an 8 x 8 dish lined with parchment paper. Press down until uniformly flattened. Cover with plastic wrap and let set in the refrigerator 15-20 minutes. Remove bars from pan and cut into 10 even bars. Store in an airtight container up to a few days. These also freeze well.