

Homemade Cliff Bars

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3 cups oats, divided

1/2 cup almonds (raw)

1/2 cup walnuts (raw)

1/2 cup peanuts (roasted)

1/2 cup seeds, any kind or a combination

1/3 cup canola oil

1/2 cup brown rice syrup

1/3 cup almond butter

1 cup pumpkin butter*

1 1/2 TB pumpkin pie spice

1 TB vanilla

1 cup raisins

1/4 tsp salt

1/4 cup rice milk

Preheat oven to 300 degrees. Line a baking sheet with parchment paper and set aside.

In a food processor, coarsely grind 2 cups of the oats with all of the nuts and seeds. Transfer to a bowl and add the rest of the ingredients. You want enough liquid so that the mixture holds together, but not so much that it's soggy. Form into patties (or whatever shape you want) and put on the baking sheet. Bake for 15 minutes.

* If you opt to omit the pumpkin butter, consider adding more sweetener (like brown sugar, sucanat, or more brown rice syrup). 1/2 a cup of one of these ought to do it.