

# Sunflower seed breakfast bars

Serves 15

380g sesame seeds  
380g sunflower seeds  
380g coconut, flaked  
380g cashew nuts  
190g honey

1. Blend together all of the ingredients. Pour into a square tray.
2. Cover with foil and chill for a few hours until set firm.
3. Cut into bars and wrap each in cling film or foil and refrigerate.