



**Ingredients**

- ✓ ½ cup rolled oats
- ✓ ¼ cup dried coconut
- ✓ 2 Tbsp. raw sunflower seeds
- ✓ 2 Tbsp. raw walnuts
- ✓ 2 Tbsp. raw almonds
- ✓ 2 Tbsp. raw cashews
- ✓ ½ cup raisins
- ✓ ½ cup dried soft apricots, chopped
- ✓ 1 tsp. ground cinnamon
- ✓ ¼ tsp. cardamom
- ✓ 3 Tbsp. tahini
- ✓ Pinch of salt

**Notes:**

- Any combination of nuts and seeds can be used.
- Figs or other moist dried fruit can be used instead of apricots.

**Preparation**

Add all ingredients to a food processor fitted with a metal blade. Grind until all ingredients are well combined and hold together. Transfer onto wax or parchment paper. Press into a square or a rectangle. Cut into bars or squares.