

Savory Protein Bars

Yield 12 bars | **Prep time** 10 minutes + 2 to 12 hours resting | **Cook time** About 30 minute

80 grams (½ cup) flax seeds or flax meal
80 grams (⅔ cup) chickpea flour
80 grams (¾ cup) rolled oats
75 grams (½ cup) raw pumpkin seeds
70 grams (½ cup) raw, hulled sunflower seeds
45 grams (5 tablespoons) hulled hemp seeds
35 grams (¼ cup) raw sesame seeds
22 grams (2 tablespoons) chia seeds
11 grams (1 tablespoon) psyllium husk powder
60 grams (¼ cup) cool water
30 grams (2 tablespoons) miso paste
¼ teaspoon fine sea salt
180 grams (¾ cup, about 5 qty) liquid egg whites
21 grams (1 tablespoon) maple syrup
17 grams (1 ½ tablespoons) olive oil
Additional olive oil or egg white, for brushing (optional)
Flaky finishing salt, for sprinkling (optional)

To veganize, replace the egg whites with water and double the psyllium husk powder, but know that the finished bars will be a bit softer and more delicate.

1. In a mixing bowl, stir together the flax, chickpea flour, oats, all the seeds, and psyllium husk powder until well combined. In a tall measuring glass, combine the water, miso, and salt and stir until the miso is dissolved, then stir in the egg whites, maple syrup, and oil. Add the wet to the dry ingredients and mix well, then let stand to thicken for about 10 minutes.

2. Meanwhile, line the bottom and all four sides of a metal 9-by-13-inch baking dish with parchment, allowing overhang on the sides so that you can lift the bars from the pan later. Scrape the dough into the pan and press it evenly over the surface, using moistened hands. Then top with another piece of parchment and compress the mixture firmly into a thin, even layer. Leaving the parchment pressed on top, cover the pan with food wrap and refrigerate for at least 2 hours, or ideally overnight.

3. Preheat the oven to 350°F. Carefully lift the mixture out of the pan, preserving its shape, and cut into 12 rectangles. Reuse the parchment to line a baking sheet, and arrange the cut bars on it. Brush the bars lightly with olive oil (or egg white), if desired, and sprinkle with flaky salt.

4. Bake for 25 to 30 minutes, until lightly browned, dry to the touch, and crisp on the edges. Cool before eating. Store in an airtight container for up to a week in the fridge.