Oat and Apple Bars *(gluten-free)*

2 cups rolled oats (gluten-free)
1 cup amaranth our
1 cup ground buckwheat groats (or oat bran) ½ tsp Celtic or Redmond Real Salt
2 tsp cinnamon, ground
¼ tsp nutmeg, freshly grated
½ cup ground flax seeds
½ cup olive oil
½ cup honey
2 tsp vanilla extract
2 tsp blackstrap molasses (optional)
1 cup unsweetened applesauce

1. Preheat oven to 350F.
2. Toast oats for 5 minutes in a dry skillet over medium heat. Let cool.
3. In a large bowl, combine dry ingredients (including oats) and whisk together.
4. In a separate bowl, whisk together wet ingredients until well blended.
5. Add wet mixture to dry ingredients and blend gently until well moistened.
6. Mixture should be moist but not too wet.
7. If it seems too dry and crumbly, add a little more applesauce (by the spoonful).
8. Line a 9in x 13in pan with parchment paper and press mixture into pan.
9. Bake at 350F for 30 minutes. Cut into bars while warm, but let cool completely before removing from pan.