

Recipe of the Month:

Quinoa Breakfast Bars

A grab 'n go breakfast that's tasty, and a cinch to make, without all of the added sugar found in store bought bars.

5 min Prep Time 20 min Cook Time 25 min Total Time Serves 12



Ingredients

- 1 c whole wheat flour (or chickpea flour to make GF)
- 1.5 c cooked quinoa
- 2 c oats
- 1/2 c nuts, chopped
- 1 tsp cinnamon
- 1 tsp baking soda
- 2 Tbsp chia seeds
- 2/3 c peanut butter
- 1/2 c honey
- 2 eggs
- 2/3 c applesauce (or mashed banana)
- 1 tsp vanilla
- 1/3 c raisins
- 1/3 c chocolate chips (optional)

Instructions

1. Combine quinoa, applesauce, vanilla, eggs, peanut butter and honey in a small bowl and mix well.
2. Add the remaining ingredients and stir until just mixed.
3. Spoon into a greased 9x13 pan and bake at 375 for 20 min or until golden brown.
4. Let cool and cut into bars.
5. Store in the refrigerator.

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