

Quinoa Bars

with Apricots & Walnuts

9 x 9 pan

Ingredients

1 & 1/2 cups quinoa flakes
1/4 cup ground flaxseeds
1/4 tsp sea salt
1/2 tsp ground ginger
1/2 tsp ground cinnamon
1/4 tsp ground all-spice
1-2 scoops unflavoured protein powder

1/4 cup extra virgin olive oil
1/4 cup maple syrup
3 tbsp brown rice syrup

1/2 cup chopped dried apricots
1/2 cup chopped walnuts

1/2 cup 70% dark chocolate
1 tsp coconut oil



Directions

1. Preheat the oven to 350F. Line a 9 x 9 square pan with parchment paper letting the paper hang over the 2 ends creating handles to lift the bars out later. You can also line 12 muffin tins with liners to make this protein bar easier for packing in lunches.
2. In a large bowl, combine all of the ingredients together. Stir well to make sure that everything is combined.
3. Pour the mixture into the pan or the muffin tins and pack it down VERY firmly. You can lightly oil a spatula or your hands before you press the mixture in to make it a little easier. The more you press, the less crumbly they will be after they bake...trust me.
4. Bake for 30 minutes or until the bars are lightly golden brown and have started to firm up.
5. Let cool before removing from the pan. Use the parchment handles to lift the cooled bars out of the pan.
6. In a small heat proof bowl combine the chocolate and coconut oil. Place over a pot of simmering water and let melt. Set aside but keep warm until bars have cooled.
7. Cut into equal sized bars and drizzle with the melted chocolate mixture. Put in the fridge to set the chocolate and then store in an airtight container.

Love from the ov,

Sara