

QUINOA NUTRITION BARS

INGREDIENTS

- 1 C Quinoa (soaked - see note at the bottom)
- 1 1/2 C Water

- 1 C Applesauce **OR** Bananas
- 1 C Honey

- 8 C Oatmeal (quick type)
- 1 C Wheat germ
- 1 C Almonds (slivered)
- 1 C Sunflower seeds
- 1 C Sesame seeds
- 1 C Coconut

- 1/2 C Smart Balance margarine for baking
- 14 oz Mimic Crème Sweetened Almond & Cashew Cream
- 1 1/4 C Golden raisins (optional)
- Non-stick cooking spray



BAKING DIRECTIONS

- 1 Soak quinoa for 2 hours in water
- 2 Melt oil & honey in a large pyrex dish **OR** mix applesauce with the honey
- 3 Stir in oatmeal, wheat germ, almonds, seeds, quinoa & coconut
- 4 Toast in oven at 250F for an hour stirring occasionally
- 5 If you don't want to finish the bars soon, the mix can be stored in a plastic bag when it cools
- 6 When you're ready take 3 1/2 C of the granola mix & add melted Smart Balance margarine, Mimic Crème & if you choose, the raisins.
- 7 Line a large cookie sheet with foil & then spray it with non-stick cooking spray
- 8 Spread mix on the cookie sheet at bake at 325 F for 15 - 20 minutes
- 9 After cooled, cut & wrap individually
- 10 Freeze until ready to eat

NOTE

Even if you are using Ancient Harvest Quinoa, you will need to soak the quinoa as directed for this recipe.

