

BUCKWHEAT GROATS & CHIA SEEDS NUTRITION BARS

DRY INGREDIENTS

- 2/3 C** Oats (rolled) (gluten-free)
- 1/2 C** Buckwheat groat flour
- 1/2 C** Walnuts (chopped)
- 1/4 C** Coconut (unsweetened) (shredded)
- 3 T** Chia Seeds
- 3 T** Mini Carob chips **OR** mini dark chocolate chips
- 1/4 t** Cinnamon
- 1/4 t** Sea Salt

WET INGREDIENTS

- 3/4 C** Banana (ripe) (mashed)
- 1/2 C** Peanut butter (smooth) **OR** Almond butter
- 1/4 C** Brown Rice syrup
- 1 t** Vanilla

Non-stick cooking spray

DIRECTIONS

- 1** Pre-heat oven to 350 F & spray an 8 X 8 pyrex dish with non-stick cooking spray
- 2** Line the pyrex dish with parchment paper with one sheet going horizontal & another going vertical
- 3** If you couldn't find buckwheat flour, process raw buckwheat groats at a high speed in your processor until it forms a fine flour
- 4** Whisk all the dry ingredients together in a mixing bowl
- 5** Mix the wet ingredients in a separate bowl
- 6** Add the wet mix to the dry mix & stir thoroughly until the dough is very sticky
- 7** Place the mix in the prepared pyrex dish
- 8** Lightly wet your hands to smooth down the mix
- 9** Lightly spray the mix with the non-stick cooking spray & place parchment paper on top of the mix
- 10** Bake for approximately 25 minutes **OR** until the edges are golden brown & the mix is firm to touch
- 11** Cool in the dish for at least 1 hour before cutting into bars



