

QUINOA COCONUT GRANOLA BARS

INGREDIENTS

- 1 C Healthy oil **OR** applesauce
- 1 C Honey
- 2 C Quinoa (soaked in 1 1/2 C water for 2 hours)
- 8 C Oatmeal (quick type)
- 1 C Wheat germ (toasted)
- 1 C Almonds (slivered)
- 1 C Sunflower seeds
- 1 C Sesame Seeds
- 1 C Coconut

- 1/2 C Earth Balance Margarine (melted)
- 14 oz Mimic Crème Sweetened Almond & Cashew Crème **OR** Coconut Milk (see note below)



GRANOLA DIRECTIONS

- 1 Blend oil or applesauce with the honey in a saucepan on a low heat
- 2 Stir in the oatmeal, wheat germ, nuts, seeds & coconut
- 3 Place mix on a cookie sheet & toast in the oven at 250 F for 1 hour stirring occasionally
- 4 Allow the granola to cool & then store in a plastic bag until ready to use it

WHEN READY TO MAKE THE BARS

- 1 Mix **3 1/2 C of the granola** with the melted margarine & your sweetened condensed milk substitute
- 2 Place mix in a foil lined large cookie sheet & bake at 325 F for 15-20 minutes
- 3 Allow to cool for at least an hour & then cut into bars
- 7 Wrap each bar individually & store in the freezer



NOTE

SUBSTITUTE FOR SWEETENED CONDENSED MILK

This recipe originally called for **sweetened condensed milk** but we wanted to give you another pareve choice besides the Mimic Crème which isn't available everywhere



- 1 Pour **14 oz of coconut milk** into a small saucepan
- 2 Heat over medium-high heat until boiling (5 minutes)
- 3 Watch this pot closely because once the coconut milk starts to boil, it can bubble over quickly
- 4 Whisk regularly to prevent burning
- 5 Reduce the heat & bring the coconut milk to a simmer
- 6 Then add **1/4 C honey, agave OR a sugar substitute** whisking until it's completely dissolved



