

QUINOA & COCONUT NUTRITION BARS

INGREDIENTS

- 1 C Quinoa (uncooked)
- 1 C Oatmeal (quick type)
- 1/2 C Coconut
- 1 C Dried fruit (your choice) (chopped) & Nuts (if nut free just omit the nuts)
- 1/4 t Salt
- 1/2 C Peanut butter **OR** Almond butter (see another nut free substitute below)
- 3/4 C Honey
- 1 T Healthy Oil
- 3 T Sugar substitute
- Non-stick cooking spray



BAKING DIRECTIONS

- 1 Preheat oven to 350 F & spray a 9 X 13 pyrex baking dish with non-stick cooking spray
- 2 Spread oats & quinoa on a cookie sheet and toast in oven for 8 minutes
- 3 Return mix to a large bowl & add coconut, nuts and dried fruit
- 4 In a medium size pot combine salt Peanut or Almond butter, honey, oil & sugar
- 5 Using a medium heat, bring the mix to a boil & immediately remove from heat
- 6 Pour over oats mix & combine until dry ingredients are evenly covered
- 7 Pour into baking dish & press mix down into dish
- 8 Bake for 20 minutes
- 9 Let cook for up to 2 hours & then cut

No Nuts Kosher
Peanut Butter substitute



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