



QUINOA PROTEIN BARS

Healthy, protein snacks you can add to any meal, post workout, or any time you need some energy!

 15 minutes 30 minutes 6 portions

INGREDIENTS

- 1/2 cup of quinoa, cooked [93 g]
- 2 units, pitted of dates, medjool [48 g]
- 1/2 cup, whole of nuts, almonds [72 g]
- 1/3 cups of peanut Butter, smooth [85 g]
- 42 grams of chocolate chips
- 1 tbsp of honey [21 g]

COOKING METHOD

1° Add quinoa and 2/3 cups water to a small sauce pot, cover and bring to a boil, reduce heat to a simmer and cook approx 15 mins or until all water has been absorbed. Cool to room temp and refrigerate at least 2 hours or overnight. Using a food processor or blender, add dates and pulse until they form a ball. Remove dates and place in a medium mixing bowl. Add almonds to the food processor and pulse until finely minced. Add dates, almonds, peanut butter and chilled quinoa to the food processor and pulse until ingredients are well combined. Return ingredients to the mixing bowl, shape into six, 2 inch x 1 inch bars about 1 inch thick. In a small sauce pan add chocolate chips and honey, melt over low heat. Evenly spread a thin layer of chocolate over the top of each protein bar, return to the refrigerator and allow chocolate to harden.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [60 g]	% DRI
ENERGY	398 kcal	239 kcal	12 %
FAT	25 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	3 g	2 g	9 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	115 mg	69 mg	3 %
CARBOHYDRATE	38 g	23 g	8 %
SUGARS	16 g	10 g	—
FIBER	5 g	3 g	13 %
PROTEIN	12 g	7 g	—