Less than 45 minutes

Makes 16

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Ingredients:

- 1 cup (100g) rolled oats
- ½ cup (80g) uncooked, pre-rinsed quinoa
- 2 Tbsp (30ml) chia seeds
- 1/4 tsp (1.5ml) salt
- 1 tsp (5ml) ground cinnamon
- 2 ripe bananas, mashed
- 1 tsp (5ml) vanilla essence
- ½ cup (60g) roughly chopped almonds
- ½ cup (60g) chopped pecan nuts
- ¼ cup (100g) natural creamy almond butter
- 2 Tbsp (30ml) honey or pure maple syrup

GOOD IDEA:

Dip bars in dark chocolate and sprinkle with nuts or coconut flakes.

Method:

- 1. Preheat oven to 160°C.
- 2. Line a baking tray with baking paper.
- 3. Combine rolled oats, quinoa, chia seeds, salt and cinnamon in a large bowl.
- 4. Stir in mashed banana and vanilla essence.
- 5. Fold in almonds and pecan nuts.
- 6. Place a saucepan over low heat; add almond butter and honey (or maple syrup) and stir to combine.
- 7. Fold through the dry mixture.
- 8. Pour onto baking tray and press down firmly with your hands to spread mixture

out evenly.

- 9. Using a knife, shape out the bars (for easier cutting later).
- 10. Bake for 25 minutes or until edges turn golden.
- 11. Allow to cool completely before cutting into bars.
- 12. Store in an airtight container.