

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
- ¼ tsp (1.5ml) salt
- 1 tsp (5ml) ground cinnamon
- 2 ripe bananas, mashed
- 1 tsp (5ml) vanilla essence
- ¼ cup (60g) roughly chopped almonds
- ¼ 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.