



CHEWY WHOLE-GRAIN BARS

SERVES: 12 (1 bar each) Prep Time: 15 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ ½

Here is a very versatile bar recipe that allows you to use your favorite ingredients. Tasty and loaded with quality nutrition, we make these bars in muffin cups so they come out of the oven already wrapped and portioned with no cutting required!

1 cup	dry old-fashioned rolled oats, gluten-free
½ cup	dry quinoa, rinsed
2 Tbsp.	chia seeds
2 Tbsp.	flaxseeds
1 tsp.	ground cinnamon
½ tsp.	sea salt (or Himalayan salt)
¼ cup	all-natural almond butter
3 Tbsp.	pure maple syrup (preferably dark amber)
1	large very ripe banana
1 tsp.	pure vanilla extract
½ cup	mixed dried fruit (like raisins, cherries, apricots), chopped
¼ cup	raw sunflower seeds
¼ cup	chopped raw walnuts (optional)
¼ cup	bittersweet chocolate chips

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers and lightly coating with spray.
3. Combine oats, quinoa, chia seeds, flaxseeds, cinnamon, and salt in a large bowl; mix well.
4. Add almond butter, maple syrup, banana, and extract; mix well with clean hands or a rubber spatula.
5. Fold in dried fruit, sunflower seeds, walnuts (if desired), and chocolate chips; mix well with clean hands or a rubber spatula.
6. Add ¼ cup batter to each muffin cup. Use back of a ¼ cup measure to compress batter into a tight puck.
7. Bake for 18 to 20 minutes, or until edges just begin to brown.
8. Cool; store in an airtight container, in the refrigerator, for up to 2 weeks.

RECIPE NOTES:

- In this recipe we have specified almond butter, but you can use any nut butter you like. If you have a nut allergy, you can use sunflower butter.
- Pumpkin seeds can be substituted for sunflower seeds. Or use your favorite seed!
- You can also use any kind of nuts that you like. Make sure they are raw! If you have a nut allergy, you can add an additional ¼ cup of your favorite seeds.
- You can substitute semisweet or dark chocolate chips for bittersweet chocolate chips.

NUTRITIONAL INFORMATION (per serving): Calories: 196 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 98 mg Carbohydrates: 26 g Fiber: 4 g Sugars: 12 g Protein: 5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.