



## Peanut Butter Quinoa Granola Bars

Feel free to get creative with the type of nuts and add-ins that you use!

<u>U.S.</u>		<u>Metric</u>
1 cup	Rolled Oats	80g
1/2 cup	Quinoa, uncooked	95g
1/2 cup	Peanut Butter, creamy, no sugar added	48g
1/2 cup	Nuts of any variety, sunflower seeds, or pepitas	55g
1/8 tsp	Salt	0.75g
1/4 cup	Honey	60mL
1 teaspoon	Vanilla extract	5mL
1 Tbsp	Coconut Oil	15mL
<i>Optional add-ins:</i>		
1 Tbsp	Chia Seeds	7.5g
1/4 cup	Coconut Flakes, unsweetened	20g
<b>OR</b>		
1/4 cup	Dried Fruit, no sugar added	40g

### Preparation:

1. Gather all ingredients and equipment. Preheat oven to 350°F (180°C).
2. Spread oats and quinoa evenly on a baking sheet. Toast in the oven for 10-15 minutes, until golden brown.
3. On a separate baking sheet, toast the nuts or seeds that you are using, about 5-8 minutes. If using nuts, roughly chop them once they are finished toasting.
4. While quinoa and oats are toasting, combine peanut butter, honey, vanilla, and oil in a microwave-safe bowl. Microwave for 20 seconds at a time, stirring in between, until all of the ingredients have melted together.
5. Combine all of the ingredients in medium-sized bowl and stir well to incorporate everything together.
6. Prepare a small baking sheet or 8x8 baking dish by spraying evenly with nonstick pan spray.
7. Firmly press granola bar mixture into the prepared pan, ensuring that everything is spread evenly. The bars should be about 1/2" thick. *\*\*Note for class: you will be using a quarter sheet pan and will press all of the mixture into half of the pan to ensure proper thickness.*
8. Refrigerate for 15-20 minutes, then remove from the pan and cut into 12 bars. Store at room temperature in an air-tight container.

**\*\*Nutrition Facts on Reverse**

---

## Nutrition Facts

---

12 Servings

**Serving size** 1 bar

---

**Amount per serving**

**Calories** 120

Calories from Fat 50

**Total Fat** 5 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

**Cholesterol** 0 mg

**Sodium** 20 mg

**Total Carbohydrate** 17 g

Dietary Fiber 2 g

Total Sugars 6 g

Includes 6g Added Sugars

**Protein** 3 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 75 mg

Phosphorus 55 mg

---