

# Quinoa Power Bars



## TIPS:

1. **Full-On Sustained Energy:** This great tasting recipe combines readily available carbohydrates in the form of honey and raisins along with energy-sustaining, longer burning complex carbohydrates, rich protein, and healthy fats provided by quinoa (pronounced "*keen-wah*"), nut butter, ground flax, and chia seeds.
2. **Recipe inside a recipe:** Since this recipe requires first cooking quinoa before making the

power bars, step 1 provides step-by-step directions that show how to cook quinoa on the stove.

3. **About Quinoa:** Quinoa, the seed of the Swiss chard and spinach-related goosefoot plant native to the South American Andes Mountains, is a rich and complete protein source as it contains all 9 essential protein amino acids. Quinoa is easy to digest, gluten-free, high in fiber, and is an excellent source of beneficial unsaturated fats, including anti-inflammatory and heart-healthy omega-3. It also contains no trans fats, cholesterol, or sodium (unless you add salt to cooking like I do - just a dash).

**Preparation Time:** about 30-45 minutes cumulative time, including the time it takes to cook quinoa but not including overnight refrigeration

### **Ingredients**

**1 Cup Cooked Quinoa** (how to cook quinoa is shown in step 1)

**1/4 Cup Ground Flax**

**1/4 Cup Chia Seeds**

**2 Tablespoons Honey**

**4 Tablespoons Nut Butter** (I'm using homemade almond butter, but any nut butter will work)

**3/4 Teaspoon Salt**

**1 1/2 Teaspoons Ground Cinnamon**

**2 Teaspoons Vanilla Extract**

**Handful of Coconut Flakes**

**Handful of Raisins**



## Equipment

**Medium-Sized Pot with a Top**

**Measuring Cup**

**Fine Meshed Strainer**

**Bowl** (big enough to contain all the ingredients)

**Large Spoon**



**Tablespoon**

**Teaspoon**

**Sharp Knife**

**Baking Pan** (can be substituted with a dinner plate)

**Wax Paper**



1. Start by cooking **1 cup (about 250 grams) of quinoa** as follows:

1. Measure **1 cup (8 ounces or about 250 grams) of quinoa**, and pour the **quinoa** into a fine mesh strainer.



Rinse with **cold tap water** while running your fingers through the **quinoa seeds**. If your **quinoa** has a sudsy froth to it as you rinse it, keep rinsing until that froth, which is a natural, bitter-tasting bird and insect repellant (saponin), is washed away. Then pour the **rinsed quinoa** into a medium-sized pot.



2. Measure and add **2 cups (16 ounces or about 500 ml)** of **cold water** to the **quinoa** in the pot.





3. Put the pot on the stove, turn on the burner heat to HIGH, and add an optional **1/2 - 1 teaspoon salt** (or about as much as shown in the palm of my hand).



4. Cook until the water comes to a full, rapid boil. Then turn the burner heat down to LOW or SIMMER,...



...cover the pot with the top, and set a timer for 15 minutes.

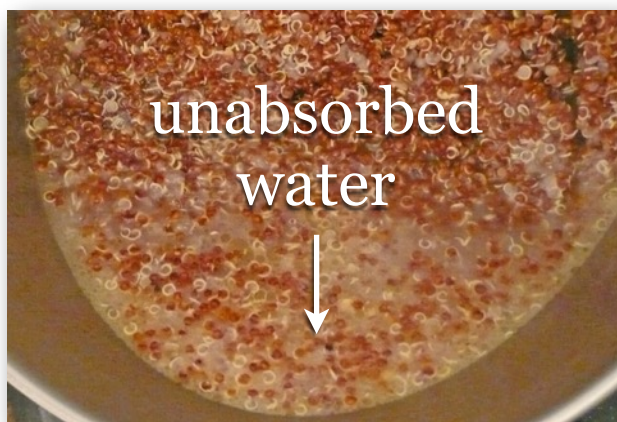


5. When the timer sounds, check the **cooked quinoa** for doneness by tipping the pot and checking to make sure that all the water has been absorbed as shown here. If, however,...



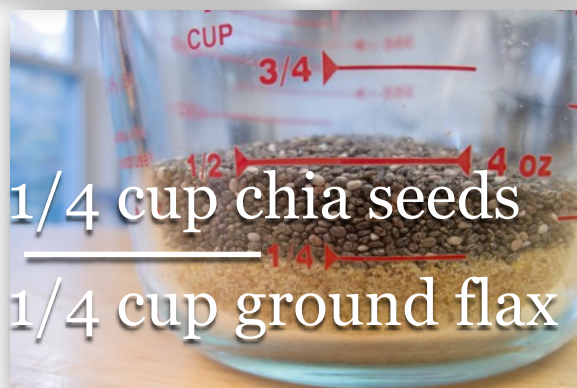


...all the water is not absorbed, like it's not in the picture on the left below, keep cooking the **quinoa** over low heat with the pot half covered so that steam can escape as shown in the picture on the right for another 5-10 minutes. Then check again for doneness until what you see looks like the picture of the **cooked quinoa** above.





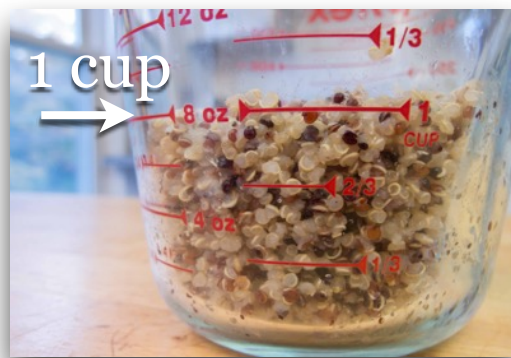
2. Pour **1/4 cup (60-70 grams) ground flax** and **1/4 cup (60-70 grams) chia seeds** into a measuring cup.



Pour the **measured ground flax and chia seeds** into a bowl.



3. Measure and add **1 cup (about 250 grams) cooked quinoa** to the bowl.



4. Add **2 tablespoons honey**, **4 tablespoons nut butter**,...





...about **3/4 teaspoon salt** (you can skip adding salt now and add it taste after you've mixed all the ingredients together), **1 1/2 teaspoons ground cinnamon**, **2 teaspoons vanilla extract**,...



...a handful of coconut flakes, and a handful of raisins.





5. Use a big spoon to combine **all the ingredients** in the bowl until they are well mixed together as shown in the picture below on the right.



6. Put a sheet of waxed paper on a baking tray (or large dinner plate).



Use your hands to scoop and compact the **quinoa mixture** into a tight ball.



Put the **quinoa ball** onto the waxed paper, cover with another piece of waxed paper, and press the **quinoa ball** flat until it is about 1 inch (2.5 cm) thick.





7. Lay the baking tray flat in the refrigerator and refrigerate overnight.



8. After refrigerating, remove the top sheet of waxed paper, and use a sharp knife to cut the **quinoa power bars** into serving sized pieces about...

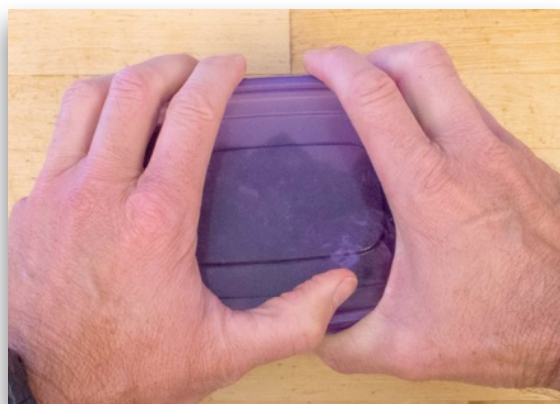




...as shown here.



9. Store **quinoa power bars** in either an airtight container or...



...a container covered with plastic wrap and...



...keep refrigerated for at least 1 week.



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