

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 flaxseeds, 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).

4. **Whole or Ground Chia Seeds?** I originally put this recipe together using whole chia seeds. Recent studies (after 2015), though, show that just like the ground flaxseeds used in this recipe, chia seeds provide maximum nutrition when they are ground, as shown in step 2.

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 Flaxseeds

1/4 Cup (Ground) 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 (or to taste as mentioned in step 4)

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

Coffee Grinder (if you're grinding chia seeds)



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

A. 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.



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



C. 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).



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

or SIMMER,...



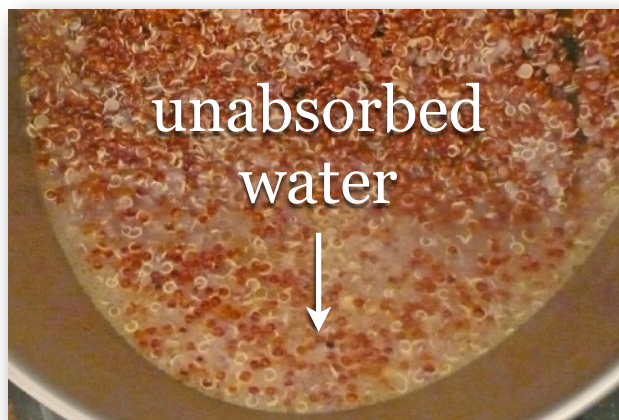
...cover the pot with the top, and set a timer for 15 minutes.



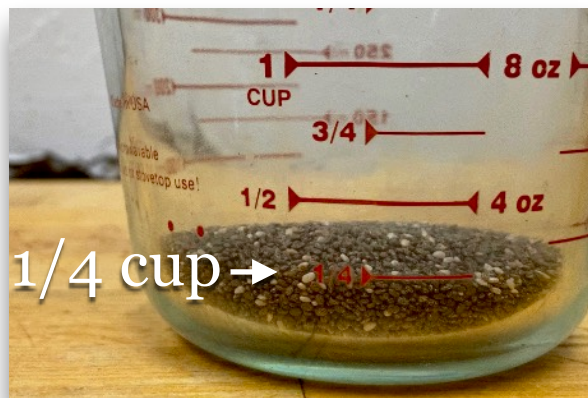
E. When the timer sounds, check the **cooked quinoa** for doneness by tipping the pot and checking to make sure that all the water has been absorbed as shown here. If, however,...



...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. Measure **1/4 cup (60-70 grams) whole chia seeds**.



Then pour those **whole chia seeds** into a coffee grinder and grind them for a few seconds until they look about like...



...this.



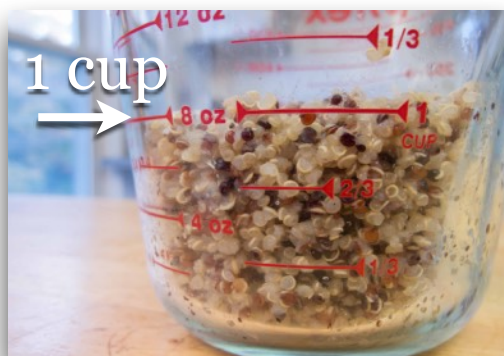
3. Pour the **ground chia seeds** back into the measuring cup, add **1/4 cup (60-70 grams) ground flaxseeds** and



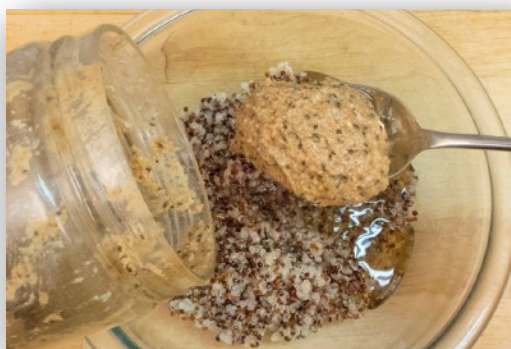
...pour the **ground flax and chia seeds** into a bowl.



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



5. 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.



6. 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.



7. 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.



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



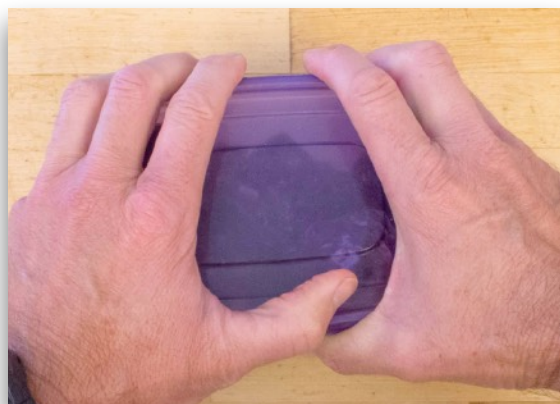
9. After refrigerating, remove the top sheet of waxed paper, and use a sharp knife to cut the **quinoa power bars** into serving sized pieces about...



...as shown here.



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



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



...keep refrigerated for at least 1 week.

