

# Chocolate, Grain & Nut Butter Power Cereal



## TIPS:

I. **Full-On Sustained Energy:** This great tasting recipe combines readily available, quick energy carbohydrates from either honey or maple syrup, raisins and chocolate chips with energy-sustaining, longer burning complex carbohydrates, rich protein, healthy fats and additional complex carbohydrates provided by quinoa (pronounced "*keen-wah*"), whole grain cereal, nut butter, coconut flakes, and 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 3.

**Preparation Time:** about 20 minutes if you're using cooked quinoa, 50 minutes if you have to cook quinoa

**Baking Time:** about 25 minutes cumulative

### **Ingredients**

**1/4 Cup Ground Flaxseeds**

**1/4 Cup (Ground) Chia Seeds**

**1/2 Cup Whole Grain Cereal**

**1/2 Cup Cooked Quinoa**

**4 Tablespoons Maple Syrup or Honey**

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

**3/4 Teaspoon Salt**

**1 1/2 Teaspoons Ground Cinnamon**

**1 Tablespoon Vanilla Extract**

**Handful of Coconut Flakes**

**Handful of Raisins**

**Handful of Chocolate Chips**





## **Equipment**

Measuring Cup

Bowl (big enough to contain all the ingredients)

Large Spoon

Tablespoon

Teaspoon

Coffee Grinder (if you're grinding chia seeds)

Baking Pan (either for toaster oven or kitchen oven)

Cooling Rack (optional)

Sharp Knife

Cutting Board

Potholder or Folded Dishtowel



1. Start here if you need to cook **quinoa** (very easy to do). Otherwise, skip to step 2.

### **Needed to Cook Quinoa**

(for 4 or more people)

**1 Cup (8 ounces) Quinoa** (I'm using red quinoa here, but this recipe applies to any quinoa variety)

**2 Cups Water**

**1/2 - 1 Teaspoon Salt**

**1 Tablespoon Butter or Margarine** (optional)

Measuring Cup

Fine Meshed Strainer

Medium (3 - 4 quart) Pot with Top

Table Knife

Timer





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 repellent (saponin), is washed away. Then pour the **rinsed quinoa** into a medium-sized pot.

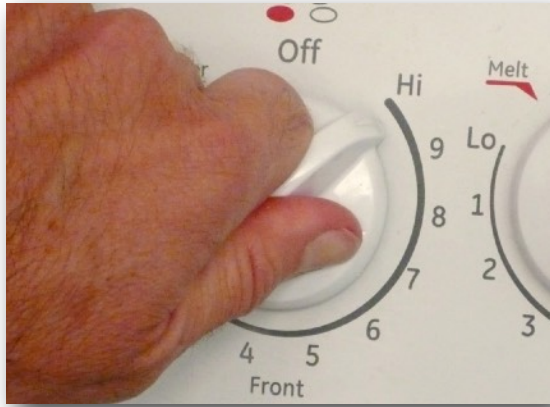


B. Measure and add **2 cups (16 ounces or about 500 ml) of cold water** to the **quinoa** in the pot.



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 at the top of the next page for another 5-10 minutes. Then check again for doneness until what you see looks like the picture of the **cooked quinoa** above.



2. Place a baking rack in the middle of the oven, preheat the oven to 375° F (190° C) and...

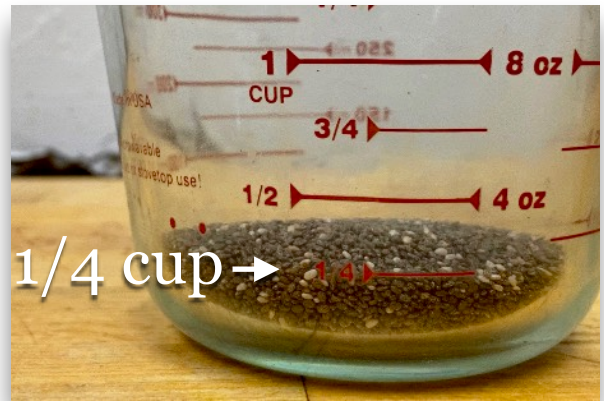


...spray a baking pan with a light coat of **cooking spray**.





3. While the oven warms, 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 ground chia seeds in the middle picture below.



4. 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.





5. Measure **1/2 cup (about 250 grams) whole grain cereal** and **1/2 cup (about 250 grams) cooked quinoa other cooked grain** and...



...add that to the **ground flax** and **chia seeds** in the bowl.



6. Add **4 tablespoons maple syrup or honey, 4 tablespoons nut butter,...**



maple syrup  
or honey



...about **3/4 teaspoon salt, 1 1/2 teaspoons ground cinnamon, 1 tablespoon vanilla extract,...**





...**a handful of coconut flakes** (chopped if needed, as shown below)



...and **a handful of raisins.**





7. 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.



8. Scoop and spread the **mixed dough** on the baking sheet so that what you have looks about like the bottom middle picture below.





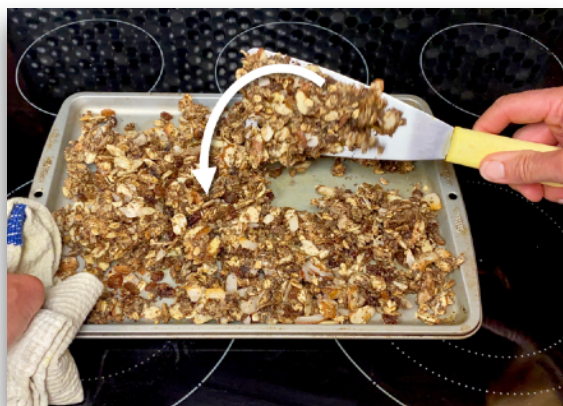
9. When the oven has warmed to 375° F (190° C), put the baking pan in the oven, and set a timer for 12 minutes.



10. After 12 minutes, use a potholder or folded dishtowel to take the baking pan out of the oven,



and use a spatula to turn over and re-spread the **half-cooked dough** to ensure even cooking. Then...

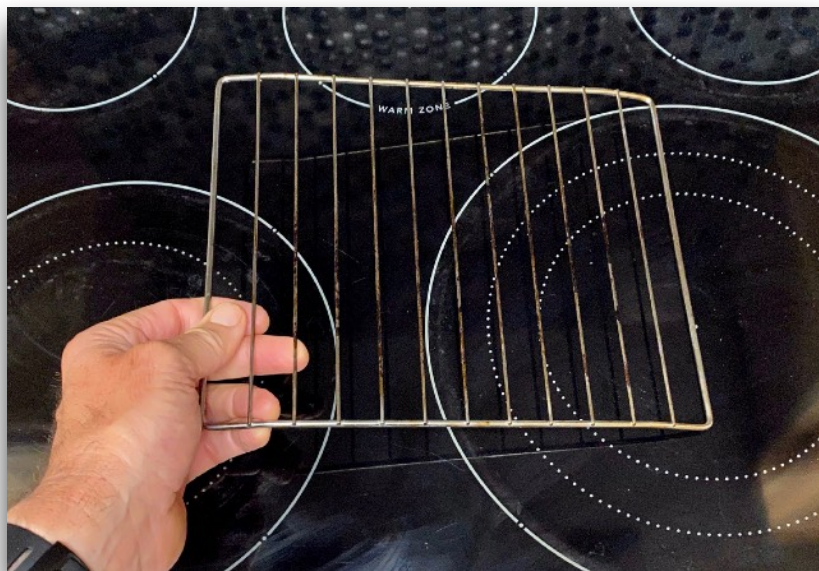


...put the baking pan back in the oven and again set the timer for 12 minutes.



II. Put a cooling rack (optional - you can use a cool stove top for **cooked power cereal** cooling instead) on the stove or counter.





II. When the timer sounds, use a potholder or folded dishtowel to remove the baking pan from the oven, put the pan on the cooling rack (or cool stovetop), and...



...check the **cooked power cereal** for doneness. The **power cereal** is cooked enough when it is slightly browned, which is particular clear to see in the coconut flakes when they look toasted golden brown as circled below.





If, however, **your power cereal** is not yet lightly browned, keep baking at 2-3 minute intervals until it does look as shown in the picture above.

12. When the power cereal cools to the touch, use a spatula to loosen it from the pan and...





...store it in a sealed container or plastic bag like you would keep any other cereal.



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