

# RECIPE



## Quinoa Protein Bars

1/3 cup quinoa, pre-rinsed  
2/3 cup water  
16 whole (pitted) dates, no sugar added  
1/2 cup raw almonds with skin  
1/3 cup natural crunchy peanut butter (almond butter is also an option, or try [SunButter](#), which is peanut and gluten free)  
1/4 cup dark chocolate chips ([Enjoy Life](#) brand is gluten free)  
1 T honey (optional)

Add quinoa and water to a small saucepan, cover and bring to a boil. Reduce heat to a simmer and cook approximately 15 minutes or until all water has been absorbed. Cool to room temperature and refrigerate at least 2 hours (overnight will also work).

Using a food processor, add dates and pulse until they form a ball. Remove dates and place in a medium mixing bowl. Add almonds to the food processor and pulse until finely minced. Be careful not to turn the almonds into mill. Add dates, almonds, peanut butter and cold quinoa to the food processor and pulse until ingredients are well combined. Return ingredients to the mixing bowl, shape into 6 - 2" x 1" bars, about 1" thickness. Place on a dish, refrigerate until chocolate is set.

In a small saucepan, add chocolate chips and honey...melt over low heat or in a double-boiler. Evenly spread chocolate over the top of each protein bar, return to the refrigerator and allow chocolate to harden. Bars can be stored in an airtight container for several days.

Makes six servings @ 330 calories, 8 g protein, 16 g fat, 42 g carbs, 0 mg cholesterol, 0 mg sodium, 6 g fiber, 27g sugar

**ABOUT CALORIES:** If you want to cut calories by half, simply make the bars into 12 - 1" balls and drizzle with chocolate. Only one for half the calories!

**NOTE:** The fats in our Quinoa Protein Bars are healthy fats primarily from the almonds. The calories are mostly from the dates, which is one of nature's sweetest foods. You will find only natural, unrefined sugars in this recipe which contains 4 [SUPERFOODS](#)-- Quinoa, dates, almonds and dark chocolate.

Note: Quinoa Protein Bars are gluten free.