**CHEWY QUINOA BARS**

One recipe per unit of 4-5 people

Makes 8 bars or 16 squares

These nut-free snack treats are chewy and packed with flavour, thanks to the tasty fruit and toasted quinoa, which also add fibre and protein to stave off hunger.

Pack one in your bag for energy emergencies!

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| 50-60 mL | **quinoa** | **¼ cup** |
| 50-60 mL | **dark corn syrup** | **¼ cup** |
| 50-60 mL | **tahini (sesame seed paste)** | **¼ cup** |
| 40 mL | **liquid honey** | **3 Tbsp** |
| 30 mL | **vegetable oil** | **2 Tbsp** |
| 160 mL | **dried cranberries** | **⅔ cup** |
| 250 mL | **rolled oats** | **1 cup** |
| 125 mL | **coconut (flakes or shredded)** | **½ cup** |
| 80 mL | **roasted pepitas (hulled pumpkin seeds)** | **⅓ cup** |
| 60 mL | **chocolate chips** | **¼ cup** |

1. Place oven rack in the centre position and preheat oven to 325ºF (160ºC).
2. Line a 20 cm (8 inch) square cake pan with parchment paper.
3. In a skillet (frying pan) toast quinoa over medium heat, shaking pan often, until browned and beginning to pop (about 8 minutes).
4. Meanwhile, in a small saucepan (pot) combine corn syrup, tahini, honey and oil. Heat over medium heat, stirring often, until melted and smooth, about 6 minutes.
5. In a large mixing bowl, combine dried cranberries, oats, coconut, pepitas and toasted quinoa.
6. Stir in syrup mixture to coat evenly. Quickly scrape mixture in to prepared pan, pressing firmly with a greased spatula. Bake until golden brown, about 20 minutes.
7. Remove from oven and immediately sprinkle with chocolate chips. Let cool completely on rack. Refrigerate until chocolate chips are set, about 30 minutes, and then cut into bars.

**NOTE:** Other dried fruits may be used instead of cranberries, such as cherries, blueberries or chopped dried apricots.

*(\*Make ahead: Store in airtight container for up to one week.)*

PER BAR: about 375 calories; 9g protein; 15g total fat (4g saturated fat); 57g carbohydrates (6g dietary fibre, 28g sugar); 0 mg cholesterol;

 56 mg sodium; 355 mg potassium. % RDI: 6% calcium; 27% iron; 4% vitamin A; 2% vitamin C; 15% folate.

