

Banana Quinoa Bars

(High Protein, High Fiber, Low Sugar)

Ingredients:

1/3 cup Quinoa, uncooked	1/2 c Almond Butter
2 cups Old Fashioned Oats	1 Egg
2 T Flaxseed, ground	1/4 c Plain Yogurt
1/2 t Baking Powder	2 T Honey
2 t Cinnamon, 1t Nutmeg	1 t Vanilla
3 Overripe Bananas	1/2 c Walnuts
1/4 c Coconut Oil	Stevia, if desired



Directions: Rinse quinoa and cook on stovetop in 1 c water. Let cool. Stir dry ingredients together (oats, flaxseed, baking powder, spices). Mash bananas and mix into wet ingredients (melted coconut oil, almond butter, egg, yogurt, honey and vanilla) until smooth.

Stir in walnuts and pour into 9x9 pan. Bake at 350 F 20-30 minutes or until toothpick tests clean. Cool completely and slice.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(1 bar):**

Standard Banana Bread

Calories: 191	323 Calories
Fat: 11.5 grams	10 g Fat
Protein: 6 grams	3 g Protein
Carbohydrates: 18 grams	61 g Carbs
Sugar: 5 grams	43 g Sugar
Fiber: 2.5 gram	1 g Fiber
Sodium: 10 g	285 mg Sodium

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