

No bake Quinoa Bars

12 large, soft medjool dates
1/2 cup smooth almond or peanut butter
3 tbsp sugar free maple syrup
3/4 cup almonds, lightly chopped
1/3 cup pistachios
1 cup of quinoa flakes (or oats)
1/3 cup sugar free cranberries
2 tbsp pumpkin seeds
Pinch sea salt, optional



Add the dates and nut butter to a food processor and blend until they form a sticky ball adding maple syrup as you blend

Add the date mixture to a bowl with the nuts, quinoa, seeds, cranberries and salt then mix thoroughly with hands to get it mixed well (If not sticky enough add 1-2 tbsp of water)

Press down into an 8 inch parchment paper pan and put in the fridge to set for an hour or two. Cut into 9 large squares or smaller bars and keep in the fridge (to keep them firm)

Note: I use HerbaZest Quinoa Flakes online from AMAZON

https://www.instagram.com/reel/C7Rk2i2K9fe/?utm_source=ig_web_button_share_sheet&igsh=MzRIODBiNWFIZA%3D%3D