

## Quinoa-Banana Granola Bars

*I make these granola bars at least once a week and keep them in my fridge for a quick, healthy breakfast or snack. They're vegan and contain no added sweeteners, but they're incredibly flavorful. You can use any nuts, seeds, or unsweetened dried fruits in these bars that you like. These babies are full of fiber, protein, potassium, and healthy fats, so they're nutritional superstars.*

**Makes about 15 bars**

### **Ingredients**

- 2 and ½ cups oats
- ½ cup dry uncooked quinoa
- 1 cup roughly chopped nuts (I used a combo of almonds and walnuts, but you can use whatever nuts or seeds you like)
- ¼- ½ cup unsweetened shredded coconut (optional)
- 3 bananas
- 1 cup pitted dates, roughly chopped
- ¼ tsp. ground nutmeg
- 1 tsp. ground cinnamon
- ¼ tsp. salt
- ½ cup raisins or chopped dried apricots (optional)



### **Directions**

- 1) Preheat the oven to 350 degrees.
- 2) Toss together the oats, quinoa, nuts, and shredded coconut on a baking sheet. Bake at 350 degrees for 10-15 minutes, or everything is slightly golden.
- 3) In a food processor, pulse together the bananas, dates, nutmeg, cinnamon, and salt until a smooth paste is attained.
- 4) Grease an 8 by 11-inch baking dish.
- 5) In a large bowl, fold together the banana mixture, oat mixture, and raisins (if using) until well combined.
- 6) Press into the prepared baking dish and bake for 25 minutes, or until slightly browned. Set aside to cool completely, then cut into bars. You can store them in the fridge for up to a week.