



## A HEALTHY WAY TO MAKE GRANOLA BARS

*Granola Bars (rectangle): about 20-30  
(it depends on what size you make them)*

*Preparation: 15 min*

*Baking time: 30-37 min*

### INGREDIENTS:

- 1 cup (35g) Crispy puffed quinoa
- 1 ½ cup (200g) Mixed roasted salted nuts without fat
- 1 ½ cup (200g) Mixed nuts and seeds
- 2 cups (200g) Old fashion rolled oats
- ¼ cup (45g) Brown sugar (or coconut sugar for healthier way,... or no sugar if you think that the sugar present in the honey is enough)
- ¼ tsp Salt
- 3 tbsp (40g) Coconut oil (or butter for a less healthy version)
- 2 tsp Vanilla paste
- ⅓ cup (100g) Honey (or agave syrup (for less sugar))
- Dark chocolate (optional)

### DIRECTION:

- 1) Preheat oven to 300° F (150° C). On a baking sheet lined with parchment paper, spread the mixture of nuts and seeds and the old fashion rolled oats. Roast in oven for 10 to 12 minutes (after cooking these seeds, don't turn off your oven, you'll need it again in step 5).
- 2) In a saucepan, put coconut oil, honey, salt, brown sugar and vanilla paste. Melt all ingredients until the sugar is dissolved and everything is well blended.
- 3) In a large bowl, mix the melted honey preparation the roasted mixture of nuts and seeds and the old fashion rolled oats, the mixture of roasted salted nuts without fat and crispy puffed quinoa.
- 4) Now comes the fun part of this recipe! Put this mixture in silicone moulds of all kinds, as below. If you don't have a silicone mould, you can spread the mixture over the entire surface of a baking sheet lined with parchment paper (you can, after baking, cut rectangles or other shapes).
- 5) Bake the your granola bars at 300° F (150° C) for 20 to 25 minutes until golden brown.
- 6) Once cooked and cooled, you can still - if you're a greedy like me - melt dark chocolate and dip your bars. I always make half the recipe with dark chocolate and half without. So I can choose every day what kind of bar I would like to eat (with or without chocolate). I love doing these little «ice cream» granola bars. It's like a healthy mini Magnum :-) Keep in the fridge until you eat them all.

