

# Quinoa Protein Bars

adapted from a recipe by [m.skinnymys.com](http://m.skinnymys.com)

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## *Ingredients*

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- 1/2 cup quinoa, pre-rinsed
- 1 1/2 cup water
- 16 whole (pitted) dates, no sugar added
- 1/2 cup raw almonds with skin
- 1/3 cup natural crunchy peanut butter  
(almond butter is an option) or try SunButter (gluten-free)
- 1/4 cup Dark Chocolate Chips
- 1 tablespoon honey (optional)

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## *Method*

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1. Place quinoa and water in a small pot, cover and bring to a boil. Reduce heat and simmer 15 minutes or until all water has been absorbed.
2. Cool to room temperature and refrigerate at least 2 hours or overnight.
3. Using a food processor, add dates and pulse until they form a ball.
4. Add almonds to the food processor and pulse until finely minced.
5. Add peanut butter and cold quinoa to the food processor and pulse until ingredients are well combined.
6. Shape into 6 - 2" x 1" bars, about 1" thickness. Refrigerate to help bars set.
7. In a small saucepan or double-boiler, melt chocolate chips and honey over low heat. Spread a thin layer of chocolate over the top of each protein bar, return to the refrigerator and allow chocolate to harden. Bars can be stored in an airtight container for several days.

