
BANANA QUINOA BREAKFAST BARS

Prep time: 20 min. Cook time: 30 min. Total time: 50 min.

These breakfast bars are packed full of yummy goodness. They are on the healthier side so they really add some good nutrients to start your day. Different variations can be added so they can be different every time you make them. From semisweet to dark chocolate chips, dried fruit such as blueberries, pineapple, mango and strawberries, coconut and any chopped nuts. Served alongside some fresh fruit, these bars make a perfect breakfast for any busy morning.

¾ cup uncooked quinoa
1 ½ cups water
1 cup quick rolled oats
½ Tsp. baking powder
½ Tsp. cinnamon
Pinch of salt
3 ripe bananas, mashed
2 Tbsp. ground flaxseed
3 Tbsp. peanut butter
1 Tbsp. coconut oil, softened
2 Tbsp. pure maple syrup
1 Tbsp. raw honey
½ cup semisweet chocolate chips (optional)
¼ cup dried cranberries (optional)



Preheat oven to 350°F. Grease a 9x9" baking pan with coconut oil. In a medium bowl, combine together the cooled cooked quinoa, rolled oats, baking powder, cinnamon and salt. Add in the bananas, flax, peanut butter, coconut oil, maple syrup, honey, chocolate chips and dried cranberries or any other optional add ins. Mix together until well combined. Spread evenly in the baking pan and bake for 30 minutes or until edges are lightly browned and is cooked in the middle. Let cool before cutting into bars. These can be made the night before and stored in air tight container.

**These can also be made in mini cupcake pans and turns out very well. Grease cupcake pans with coconut oil and fill. It'll look like there's too much but can be filled right up. Bake for about 30 minutes and let cool slightly before removing from pans. Makes 24 mini breakfast bites.

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Recipe adapted from [The Healthy Maven](#)
For any questions or comments please send an email to sharon@irishivykitchen.com