



Choc Protein Energy Bars

- 1 cup quinoa flakes
- ½ cup sunflower seeds
- 2 tbsp chia seeds
- ¼ cup organic wheat flour or rice flour
- ½ dried apricot halves
- ½ cup almonds
- ½ cup sultanas
- ½ cup fresh or dried dates
- ½ cup coconut flour
- ½ tsp ground cinnamon
- 1 tbsp organic cocoa powder
- 1 tbsp organic cocoa nibs
- 1/3 cup real maple syrup
- 1 tsp vanilla essence
- 2 free range organic eggs
- 2 tbsp protein powder



Method

1. Preheat oven to 180C
2. Grease a rectangular baking pan with butter
3. Place all ingredients except syrup, vanilla and eggs in food processor and pulse until the mixture is finely chopped
4. Add the syrup, vanilla and eggs and pulse until the mixture is well combined. It will resemble a coarse paste
5. Transfer to the baking pan and spread evenly
6. Bake for about 15 minutes. Cool and cut into squares. Store in the fridge.

Note: coconut flour & cocoa can be found at health food shops like Mrs Flannery's.