

# Strawberry Quinoa Oatmeal Bars

## Ingredients

1 cup old-fashioned rolled oats	1/4 teaspoon cinnamon
1 cup whole wheat flour	1/2 cup unsweetened applesauce
3/4 cup cooked quinoa	1/4 cup pure maple syrup
1/3 cup unsweetened shredded coconut	1/4 cup canola oil
2 tablespoon brown sugar	1 teaspoon vanilla extract
1/4 teaspoon baking soda	1/2 cup Strawberry Chia Jam (see recipe)

## Instructions

1. Preheat oven to 325F. Grease an 8x8 baking dish with cooking spray.
2. Combine oats, wheat flour, quinoa, coconut, sugar, salt, baking soda and cinnamon in a large bowl.
3. Add maple syrup, applesauce, canola oil, and vanilla. Stir.
4. Set aside 1/2 cup of the oat mixture and press remaining into the prepared pan. Top with *Strawberry Chia Jam*, spreading evenly.
5. Sprinkle the rest of the oat mixture on top.
6. Bake for 35 minutes. Cool completely on a wire rack before cutting.
7. Store in refrigerator.

## Kitchen Classroom

These oatmeal bars are packed with 100% whole grain goodness from the flour and oats (and hidden quinoa), and sweetened with an innocent amount of coconut, sugar and pure maple syrup. They make a great snack or breakfast bar, unlike some of the processed, on-the-go cereal bars you find on the grocery store shelves. They have no hidden sugars with an ingredient list you can control. Enjoy!

Adapted from *hummusapien*

## Nutrition Information per serving

**Serving Size: 1, 2x2 inch bar (Makes 16)**

**Calories: 130**

**Fat: 6 gm**

**Sodium: 20 mg**

**Fiber: 2 gm**

**Carbohydrates: 18 gm**

