

Quinoa Protein Bars

Yields: 6 bars | serving size: 1 bar | Calories: 376 | Previous Points: 8 | Points Plus: 11 | Total Fat: 13 g | Saturated Fats: 3 g | Trans Fats: 0 g | Cholesterol: 0 mg | Sodium: 3 mg | Carbohydrates: 63 g | Dietary fiber: 10 g | Sugars: 33 g | Protein: 14 g

Ingredients

- 1/3 cup quinoa, pre-rinsed
- 2/3 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](#), Optional [Enjoy Life Chocolate Chips](#)
- 1 tablespoon honey (optional)

Directions

TIP: Make this recipe into 20 Quinoa Protein Bites at about 1" each, and you've got a snack that's under 100 calories!

NOTE: The fats in our Quinoa Protein Bars are healthy fats primarily from the almonds. The calories are mostly from the dates, which is one of nature's sweetest foods. You will find only natural, unrefined sugars in this recipe which contains 4 [SUPERFOODS](#)--Quinoa, dates, almonds and dark chocolate.

Add quinoa and water to a small sauce, cover and bring to a boil, reduce heat to a simmer and cook approximately 15 minutes or until all water has been absorbed. Cool to room temperature and refrigerate at least 2 hours...overnight will work.

Using a food processor, add dates and pulse until they form a ball. Remove dates and place in a medium mixing bowl. Add almonds to the food processor and pulse until finely minced. Be careful not to turn the almonds into mill. Add dates, almonds, peanut butter and cold quinoa to the food processor and pulse until ingredients are well combined. Return ingredients to the mixing bowl, shape into 6 - 2" x 1" bars, about 1" thickness. Place on a dish, refrigerate until chocolate is set.

In a small saucepan, add chocolate chips and honey...melt over low heat or in a double-boiler. Evenly 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.

Optional, omit the honey and add chocolate chips to the food processor when adding the quinoa.

<http://skinnynms.com/quinoa-protein-bars/>

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