

## ***Fiona's Quinoa Peanut Butter Granola Bars***

### **Ingredients:**

2 cups of red or white quinoa flakes or puffs  
¼ cup ground flax seed  
½ cup shredded unsweetened coconut  
½ cup chopped almonds  
1 cup dried fruit  
¼ cup brown sugar

(Sue's note: I didn't find this necessary, the honey was enough;  
Graham's note: I like brown sugar)

½ cup natural peanut butter  
½ cup honey  
1 tsp vanilla  
2 egg whites

### **Directions:**

Preheat oven to 350.

Combine quinoa, flax seed, coconut, almonds and dried fruit in a large bowl. Set aside.

Place brown sugar, peanut butter, honey and vanilla in a saucepan over medium heat. Stir constantly until sugar dissolves and peanut butter melts. Add to dry ingredients along with lightly beaten egg whites. Mix well.

Line an 8-inch square baking dish with parchment paper. Spread mixture evenly, push down and bake 25 minutes. Cool and cut into squares. Freezes well.