



THE J.M. SMUCKER CO.

Banana Quinoa Bars

Prep Time **Cook Time** **Serves** **Difficulty**

15 mins N/A 12 N/A

Ingredients

- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

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- 1 cup (250 mL) cooked quinoa, cooled
- 1/2 cup (125 mL) **Robin Hood®** Quick Oats

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- 2 tbsp (30 mL) flax seeds
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1 cup (250 mL) mashed bananas
- 1/2 cup (125 mL) natural turbinado sugar
- 2 eggs
- 1/4 cup (60 mL) Vegetable Oil
- 2 tbsp (30 mL) maple syrup
- 1/2 cup (125 mL) mini semi-sweet chocolate chips
- 1/4 cup (60 mL) chopped toasted walnuts

Directions

Step 1:

Preheat oven to 350°F (180°C). Line 8-inch (2 L) square baking pan with parchment paper. Stir together flour, quinoa, oats, flax seeds, baking powder and salt.

Step 2:

In bowl, whisk together mashed bananas, sugar, eggs, oil and maple syrup; stir into flour mixture until combined. Fold in chocolate chips and walnuts.

Step 3:

Scrape mixture into prepared pan; bake for 25 to 30 minutes or until toothpick inserted in centre comes out clean. Let cool for 5 minutes in pan. Remove from pan. Let cool completely; cut into bars.

No two ovens are quite the same, so make sure to test your baked goods for doneness 5 to 10 minutes before the end of the recommended baking time.

Images

