



Strawberry and Quinoa Breakfast Bars

Ingredients

- 2 ripe bananas
- 2 medium eggs
- $\frac{1}{2}$ tsp vanilla extract
- 100g cooked quinoa
- 150g rolled oats
- 30g raisins
- 100g (1 cup) chopped fresh strawberries

Equipment

- baking paper
- oven-proof dish
- large bowl
- wooden spoon

Method

1. Preheat the oven to 180°C and line a dish with baking paper.
2. Mash the bananas and add them to a bowl with the eggs and vanilla extract. Mix well.
3. Add the in the quinoa, oats and raisins and mix again.
4. Finally, stir in the chopped strawberries.
5. Transfer the mixture to the dish and bake in the oven for 20 - 25 minutes until firm to touch.
6. Allow to cool before cutting into 9 squares.

Notes

These bars can be kept in an airtight container in the fridge for up to 3 days or frozen in a suitable bag or container for up to 6 weeks.

