



Strawberry and Quinoa Bars

Ingredients

- 2 ripe bananas
- 2 medium eggs
- $\frac{1}{2}$ tsp vanilla extract
- 100g cooked quinoa
- 150g rolled oats
- 30g raisins
- 1 cup of fresh strawberries (or you could use another fruit, such as blueberries or raspberries)

Equipment

- oven
- traybake tin
- baking paper
- large bowl
- fork
- wooden spoon
- knife
- fridge or freezer
- airtight container or freezer bag

Method

1. Preheat the oven to 160°C-180°C fan/gas mark 4.
2. Then, line a traybake tin with baking paper.
3. Place the bananas into a large bowl and use a fork to mash them.
4. Add the eggs and vanilla extract and mix well.
5. Next, add the cooked quinoa, oats and raisins and mix again.
6. Stir in the chopped strawberries.
7. Put the mixture into the traybake tin and bake in the oven for 20-25 minutes until firm to touch.
8. Leave to cool and then cut into squares.



Keep the squares in a fridge inside an airtight container for up to three days.

Alternatively, freeze in a suitable bag or container for up to six weeks.

Disclaimer:

We hope you find this resource useful. This recipe may involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items, such as knives or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.