



Cooking in the Kitchen at Olum's

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Peanut Butter Chip Superfood Bars

Serves 18

Ingredients:

- 1 cup rolled oats
- 2 cups quinoa puffs (or puffed oats)
- 1 ½ cups nuts (e.g. walnuts, pecans, almonds), chopped
- 1 cup chopped dates
- ⅛ teaspoon sea salt
- ⅔ cup peanut butter
- ⅔ cup honey (or agave nectar)
- 1 cup dark chocolate chips or chocolate pieces

Directions:

1. In a mixing bowl combine the oats, quinoa puffs, nuts, dates, and sea salt. Stir to combine.
2. On the stove-top in a small sauce pan combine the peanut butter and honey and stir over medium heat until the mixture is combined and melted.
3. Stir the peanut butter honey sauce into the oats/nuts mixture. Then stir in the chocolate chips.
4. Prepare a 9" x 13" pan with non-stick cooking spray. Press the mixture into the pan and spread evenly then refrigerate for at least 1 hour to firm up the bars. Slice and serve!

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