



Quinoa Almond Bliss Bars

Ingredients

1/3 cup uncooked C&F Foods Quinoa
2/3 cup water, plus 2 to 3 teaspoons
12 whole pitted dates
1/2 cup whole almonds
1/3 cup unsweetened grated coconut
1/4 cup dark or milk chocolate chips

Preparation

Rinse quinoa in a fine sieve placed inside a larger bowl under cold running water. Combine 2/3 cup water and quinoa in a medium saucepan, bring to a boil, reduce to a simmer, cover, and cook until grains are translucent and the germ has spiraled out from each grain, about 15 minutes. Let cool to room temperature and refrigerate at least 2 hours or overnight.

Pulse dates in a food processor until they form a ball. Remove dates and place in a mixing bowl. Add almonds to the food processor and pulse until minced but do not blend too fine. Add dates, almonds, coconut and cooked quinoa to the food processor and pulse until ingredients are well-mixed. Return ingredients to the mixing bowl, and add one teaspoon of water at a time, until mixture holds together. Shape into 14 mini bars or balls.

In a small saucepan or double boiler, add chocolate chips and melt over low heat. Drizzle warm chocolate over the top of each bar or ball. Refrigerate until the chocolate hardens. Store in an airtight container for several days or freeze. Makes 14 bars or balls.