

Sesame Quinoa Bars

Recipe By Chavi Feldman



Cooking and Prep:  50
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Serves:  6

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Gluten Free

Source: Family Table by
Mishpacha Magazine

The addition of quinoa and sesame adds an addictive crunch to this spin on the typical nutty granola bar. This healthy and delicious treat will provide your kids with a satisfying snack that's high in protein and healthy fats and low in refined sugars. Now that's a win-win in my book!

Ingredients (14)

Main ingredients

- 1 and 1/2 cups old fashioned oats
- 1 cup tri-colored quinoa, uncooked
- 1/2 cup shredded sweetened coconut
- 1/2 cup sliced almonds
- 1/2 cup shelled unsalted pistachios, coarsely chopped

- 1/4 cup sesame seeds
 - 1 cup Gefen Dried Cranberries
 - 1/4 teaspoon salt
 - 1 teaspoon cinnamon
 - 1 teaspoon Gefen Vanilla Extract
 - 1/2 cup all-natural tahini paste (not prepared techina)
 - 3/4 cup Gefen Honey
 - 1 tablespoon coconut oil
 - 3 tablespoons brown sugar
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Start Cooking

Prepare the Sesame Quinoa Bars

Yields 16 bars

1. Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius).
2. Spread oats and quinoa onto a baking sheet and place in oven for eight to 10 minutes.
3. Remove from oven when lightly toasted and place into a large bowl. Add nuts, sesame, and dried cranberries; mix well. Lower oven to 325 degrees Fahrenheit (160 degrees Celsius).
4. In a medium pot, combine salt, cinnamon, vanilla, tahini paste, honey, coconut oil, and brown sugar. Bring to a low boil over medium heat, stirring well.
5. Once mixture has boiled, remove from heat and immediately pour over the oat mixture. Stir together until dry ingredients are evenly coated. Mixture will be sticky.
6. Lightly grease two eight- by eight-inch (20- by 20-centimeter) square pans with cooking spray. Divide oat mixture evenly between both pans, pressing it down into the pans with a spoon until smooth. (You may want to lightly grease the spoon with additional cooking spray to prevent mixture from sticking to it.)
7. Bake for 20–25 minutes until edges are lightly browned. Allow to cool.
8. Slice into bars by making one horizontal slice and three vertical slices, so that there are eight

bars per pan.

Note:

You may use any type of nut butter instead of the tahini paste, but I really love the flavor that the tahini imparts. Feel free to substitute any nuts or dried fruit of your choice.

Credits

Food and Prop Styling by Renee Muller

Photography by Chavi Feldman