Crunchy cocoa maca bars

BODY TRANSFORMATION CENTRE

25g uncooked quinoa
4g maca powder
1 tsp chia seeds
10g sunflower seeds
15g cocoa powder
45g nut butter of your choice
20g coconut oil, melted
25g dried chopped dates
15g honey (or use natural sweetener of your choice)

MAKES 6 BARS

Preheat oven to 170˚C / 350˚F. Pour the quinoa onto an oven tray and spread evenly. Bake for 10-15 minutes, until golden.

Line the base of an oven tray with baking paper.

Mix all of the ingredients together in a bowl, mashing with a fork, until combined.

Shape into 6 bars and place on the baking paper.

Refrigerate for 1 hour or until ready to serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

PER BAR:
170 Calories
17g Carbs
3g Protein
10g Fat