

# Blueberry Coconut Quinoa Flax Bar FIT

**Serving size: 1 ea**

**Makes 12 servings**

- 1/2 cup Quinoa, dry
- 1 cup Water
- 2 cups Quick-Cooking Oats, dry
- 2 TBSP Unsweetened Coconut, shredded
- 1 1/2 tsp Baking Powder
- 1/4 cup Ground Flaxseed
- 1 1/2 cups Banana, mashed
- 3 ea Egg
- 3 TBSP Canola Oil
- 3 TBSP Lemon Juice
- 1 1/2 tsp Vanilla Extract
- 2 1/4 cups Blueberries
- Cooking Spray

## Preparation:

1. Rinse quinoa under water until water runs clear. Bring water to a boil and stir in quinoa. Simmer 12-15 minutes.
2. In a large bowl, stir together oats, cooked quinoa, unsweetened coconut, baking powder, and flaxseed.
3. In a separate bowl, mix together banana, egg, oil, lemon juice, and vanilla.
4. Add wet ingredients to dry and stir until combined.
5. Gently stir blueberries into mix.
6. Prepare a 9" x 13" sheet tray with cooking spray and spread batter.
7. Bake at 325°F for about 45 minutes or until firm and golden brown. Cut into 12 even pieces.

RD Note:

- This recipe can be prepared for a quick grab and go breakfast or dessert.



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## NUTRITION FACTS PER SERVING

calories	200
total fat (g)	9
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	80
total carbohydrate (g)	27
dietary fiber (g)	5
sugar (g)	7
protein (g)	6